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The Ukiah DAILY JOURNAL

Mendocino County's local newspaper

Tomorrow: Mostly sunny, cooler

TUESDAY
Sept. 18, 2007

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CALPELLA'S EMPTY CLASSROOMS



Rob Burgess/The Daily Journal

An abandoned classroom teddy bear lies askew on an otherwise empty desk in one of Calpella Elementary's now-abandoned classrooms Monday afternoon.

Calpella students calling Redwood Valley home ... for now

By ROB BURGESS
The Daily Journal

It's two in the afternoon on a Monday. Do you know where your children are?

If they're first or second graders at Calpella Elementary they aren't in school.

Well, not their usual one anyway.

That's because due to construction, two thirds of the school's student body has been temporarily moved for the remainder of the school year three miles north to Redwood Valley Elementary.

Steve Turner, transportation/maintenance/operations director for the Ukiah Unified School District, said that if all goes according to plan, the school should be ready for students return by the start of school next August.

"The schedule is to complete work by summertime," he said. "That's the plan anyway. The east and west pods are getting new air conditioning and more storage."

The school, which counted 311 students last school year, now holds around 100, leaving most of the rooms abandoned.

The school isn't completely deserted though. Part of the campus is still open for four kindergarten rooms, one state-run preschool class and one K-1 group.

Turner said with Redwood Valley Elementary's population nearly doubling after jumping from 313 students last year to around 500 this year, it has the opposite problem.

"We anticipated some congestion problems, so we designated additional staff parking," he said. "The most creative thing our principal did was to ask parents if they would leave kids at our day care program for an hour free of charge. We did that in anticipation of the problems."

Turner said the decision to move a large portion of the school's population to another site was in the interest of completing the Calpella work as swiftly as possible.

"All the other schools were modernized in the '90s," he said. "This just seemed like an opportunity. It's easier to modernize when students aren't there."

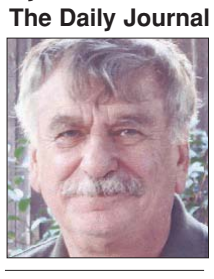
Turner said Calpella isn't the only school in the district to be extensively modernized, but because of space constraints, is the only one to be at all cleared of students.

"The high school is eligible for modernization as well, but we're doing the project in phases there," he said. "We simply don't have enough space to relocate all the students there at once."

Rob Burgess can be contacted at udjrb@pacific.net.

What to do about trustee at wrong address?

By ZACK SAMPSEL
The Daily Journal



MacLeitch

The ramifications of an error made at the Mendocino County Elections Office in 2005 is still up for discussion at Wednesday night's meeting of the Mendocino College Board of Trustees.

A clerical error at the elections office from 2005 came to light this summer as Larry MacLeitch, college board representative for Area 2, which is part of Ukiah, received a letter from Marsha Wharff, Mendocino County assessor clerk-recorder, explaining that after updating its software, the elections office had discovered that MacLeitch actually was living in Area 3 -- an area also representing Ukiah.

www.ukiahdailyjournal.com
This story broke on our Web site at 11:49 a.m. on Monday

According to the minutes from the Aug. 1 meeting, when discussions originally began about MacLeitch's situation, college President Kathy Lehner presented three options for handling the mixup:

•MacLeitch could resign, and if he did, the board would declare a vacancy for the trustee area, and within 60 days the board would need to appoint a new trustee or call for a special election, which could be consolidated with the upcoming November election.

•Any citizen within the district could file a complaint with the Attorney General's Office requesting that he be removed from office.

•If MacLeitch does not resign, the board could, at any time, declare a vacancy without his consent and follow the vacancy process previously described. MacLeitch could then file for a ruling on the matter with the Attorney General's Office.

Ultimately the decision resided with MacLeitch, who, according to the minutes from the August meeting, chose not to step down from his post as Area 2 representative -- contrary to what had been reported in The Ukiah Daily Journal Friday.

As of the August meeting, MacLeitch will continue serving in his post as the Area 2 representative while still running for the Area 3 representative post against incumbent Joan Eriksen. Eriksen's term ends this year, with elections to take place in November.

The board will continue further discussions about this during Wednesday night's meeting.

At Wednesday's meeting the board will also:

Approve a contract revision for the vice president of education and student services -- amending the annual salary to $132,000 through July of 2007.

Approve the initial district 2007-08 collective bargaining proposal for the Mendocino College Federation of Teachers.

Discuss, and possibly adopt, a resolution in support of the California Community College Initiative, which helps to provide leadership to 109 colleges. This initiative is expected to provide stability by using actual community college enrollment growth figures.

The Mendocino College Board of Trustees meets monthly at the Ukiah Campus, 1000 Hensley Creek Rd., in the Board Room, Room 1060. Meeting agendas, minutes and staff reports are available at www.mendocino.edu.

Police seek shooter

The Daily Journal

www.ukiahdailyjournal.com
This story broke on our Web site at 2:19 p.m. on Monday

The Ukiah Police Department is still looking for the suspect in an early-morning shooting Sunday at the Forest Club, 239 N. State St., in Ukiah.

The UPD received a call Sunday at 1:27 a.m. of shots fired at the Forest Club. Police officers on the scene located a 21-year-old male from Vallejo with a bullet wound to one of his arms. The victim was transported to the local hospital for treatment.

Witnesses said the victim and the suspect were inside of the Forest Club, then exited to the rear area of the bar where a verbal confrontation occurred between the two. The suspect then pulled out a firearm and shot the victim once.

The suspect is described as a 5-foot, 8-inch tall African-American male, 20-25 years old, weighing 125-150 pounds. He was described as wearing earrings, a baseball cap, a dark sweatshirt and baggy pants. He fled the scene on foot in an unknown direction.

The case is still under investigation.

Anyone having additional information about this incident is asked to contact Ukiah Police Detectives Glenn Stark or Chris Long at 463-6262.

Fair moved

Fourth fireworks show a no-go for 2008

By ZACK SAMPSEL
The Daily Journal

A change of date is in store for next year's Redwood Empire Fair, while the annual Fourth of July fireworks celebration is in question.

The Redwood Empire Fair's board of directors announced Monday that the dates for the 2008 fair will be August 21-24, Thursday through Sunday, which is the last week of August preceding Labor Day and a week later than the fair has been in recent years.

"Two years ago we had no carnival vendor, which is one of the components. A new vendor came in and the scheduling didn't work for them. With the rising cost of fuel, they requested that the board make an adjustment to the date to accommodate the community with a carnival as part of the fair," said CEO Jennifer Seward.

As well, the board looked at the history of the fair dates and the feasibility of attracting quality vendors. Seward said that with a little research, they found that during the 1990s the fair had been held during the last week in August.

"Were really just going back to where we used to be," Seward said.

Beyond the history of the dates and vending, Seward explained that the board also wanted to allow more time for late-summer crops to mature, thus adding to the number of exhibitors in the agriculture-horticulture buildings.

"We have many exhibits for everyone to view including vegetables, art and more," she continued. "We hope it will bring in more people to the ag and floral departments. The board really used a thoughtful process when making the decision to change the fair dates."

At its meeting, the board also selected "Timeless Magic" as the theme for the 2008 celebration.

"Using a fair theme allows the fair staff and all the department supervisors to decorate around a cohesive theme," Seward said. "It also serves as the theme for many classes in our annual competition."

While the date change for the end of the summer event is set in stone now, another issue at the fairgrounds is up in the air.

Seward said that Blair Aiken, the fairground's racetrack promoter, who had previously organized the Fourth of July fireworks as a community service project, would not be doing it again after he failed to break even on this year's fireworks and Fourth show. Seward said the numbers in attendance for this year were down, and with many Ukiah residents watching the fireworks from State Street, the explosive celebration may not pop next year.

"We have no Fourth celebration planned," Seward said. "It's something I hope that maybe a service organization would have an interest in coming in and doing, or possibly as a fundraiser. I really feel like it's important for the people of Ukiah to know this."

People interested in more information about the fair or the fireworks can contact CEO Jennifer Seward at 462-3884.

DAILY DIGEST

Editor: K.C. Meadows, 468-3526 The Ukiah Daily Journal udj@pacific.net

The world briefly

Bush chooses retired judge as new attorney general

WASHINGTON (AP) — Former federal judge Michael Mukasey, a tough-on-terrorism jurist with an independent streak, was tapped by President Bush on Monday to take over as attorney general and lead a Justice Department accused of being too close to White House politics.

Mukasey, the former chief U.S. district judge in the Manhattan courthouse just blocks from ground zero, will likely face a relatively smooth confirmation by a Democratic-led Senate that has demanded new Justice Department leadership for months. He replaces Alberto Gonzales, a Texan who announced his departure three weeks ago amid investigations that began with the firing of U.S. attorneys and mushroomed into doubts about his credibility.

Appointed to the bench in 1987 by President Reagan, Mukasey also worked for four years as a trial prosecutor in the U.S. attorney's office in New York's southern district — one of the Justice Department's busiest and highest-profile offices in the country.

"The department faces challenges vastly different from those it faced when I was an assistant U.S. attorney 35 years ago," Mukasey, 66, said as he stood next to Bush on the White House lawn. "But the principles that guide the department remain the same: to pursue justice by enforcing the law with unswerving fidelity to the Constitution."

Mukasey said that, if confirmed, he hopes to give Justice employees "the support and the leadership they deserve."

Democrats poised to delay funding for Iraq war

WASHINGTON (AP) — Democrats are poised to delay money for the Iraq war by several weeks, giving them time to calculate their next move and see if Republican support for President Bush's policies deteriorate.

The funding delay would likely cause only a minor disruption for the Defense Department. But it will escalate an already heated standoff between the Democratic-controlled Congress and Bush, who says at least 130,000 troops are needed in Iraq through next summer.

"Just because this administration wears blinders, we cannot afford the limitations of their shortsighted world view," said Rep. John Murtha, D-Pa., a Vietnam veteran and prominent war critic.

Democrats are in a tough spot. Still lacking enough votes in the Senate to pass legislation ordering troops home by spring, they would have to soften their approach if they want to attract more Republicans. But doing so would rile much of the party's rank-and-file, elected on anti-war platforms and eager to cut off money for combat.

"There's a lot of anger out there," Murtha told reporters Monday at the National Press Club. "A lot of people are very unhappy with the Democrats because we haven't been able to get anything done."

Law enforcement briefs

COMMET seizes another 28,000 plants

By ZACK SAMPSEL
The Daily Journal

Members of the County of Mendocino Marijuana Eradication Team seized 28,231 plants from 39 different sites last week, bringing the total number of plants eradicated for the year to 296,681.

Between Sept. 10 and Sept. 14, COMMET seized plants from 39 different gardens in areas including Highway 175 in Hopland, Red Mountain recreation area in Ukiah, Clow Ridge in Philo, Masonite Road, Red Mountain in Piercy, Mina Road in Covelo, Chicken Ridge in Covelo and Foster Mountain in Willits.

During the week, the Mendocino County Sheriff's Department, COMMET, The Mendocino Major Crimes Task Force and the CAMP team assisted the Drug Enforcement Administration with the service of search warrants along the raids of marijuana gardens located on public and private lands throughout Mendocino County. During the operation 28,231 plants were seized from the different locations. While serving the search warrants, officials located 21 firearms ranging from rifles to handguns.

Located with the help of a search warrant, Clark Phelps Anderson, 52, of San Francisco was arrested. Anderson was booked and released on federal narcotics charges. Two other suspects were arrested on federal immigration holds, and one suspect was found to be a convicted felon in possession of a firearm. Because of the pending investigation, these names were withheld.

To date, COMMET has seized 296,681 marijuana plants with the growing season still continuing. During the 2006 growing season, COMMET eradicated 190,541 plants from 189 illegal marijuana gardens, while also making 14 arrests and seizing 22 weapons.

Mendocino County is currently third in marijuana seizures statewide behind Lake County and Shasta County according to the state's Campaign Against Marijuana Planting.

Reporter Ben Brown contributed to this report.

Zack Sampsel can be reached at udjzs@pacific.net.

Driver flees accident, passengers mum

By ROB BURGESS
The Daily Journal

An car reported stolen in San Francisco, was driven north Sunday, likely right through Mendocino County, and ended up in an accident in Garberville Sunday night which injured both passengers.

The driver fled the scene and the passengers aren't talking.

According to the California Highway Patrol, the 2006 Honda Civic left the road and collided head-on with a tree at 9:26 p.m. Sunday in Garberville and the driver fled, abandoning his two injured passengers.

The vehicle was reported stolen at 4:33 p.m. that day to the San Francisco Police Department.

The three in the Honda were heading north on Highway 101, south of the west entrance of Richardson's Grove when the accident occurred.

The passengers, Charles Chriss, 20, and Ray Dipo, 21, both of San Francisco, were taken to Mercy Medical Center in Redding by medical helicopter.

Chriss was admitted with major injuries, internal bleeding, a possible collapsed lung and back pain, while Dipo was treated and released.

The investigation into the identity and the whereabouts of the driver are ongoing.

Neither Chriss nor Dipo admit to knowing the driver or the origin of the vehicle.

Rob Burgess can be contacted at udjrb@pacific.net.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARREST -- Juan Leonardo Garcia, 24, of Washington, was arrested on suspicion of driving while under the influence at the intersections of Highway 101 and North State Street at 12:32 a.m. Sunday.

SHERIFF'S REPORTS

The following were compiled from reports prepared by the Mendocino County Sheriff's Office:

BOOKED -- Marcos Negron, 50, of Vallejo, was booked into jail on suspicion of driving while under the influence at 2:38 a.m. Friday.

BOOKED -- Jeffrey McConnell, 38, of Westminster, was booked into jail on suspicion of driving while under the influence at 4 a.m. Friday.

BOOKED -- Andrew Cann, 38, of Branscomb, was booked into jail on suspicion of driving while under the influence at 7:59 a.m. Friday.

BOOKED -- Beniot Rosales, 49, of Ukiah, was booked into jail on suspicion of driving while under the influence at 8:18 a.m. Friday.

BOOKED -- William Grogan, 51, of Redway, was booked into jail on suspicion of driving while under the influence at 12:01 p.m. Friday.

BOOKED -- Alejandro Ortiz-Elias, 20, of Ukiah, was booked into jail on suspicion of driving while under the influence, assault with a deadly weapon and driving with suspended privileges at 12:21 p.m. Friday.

BOOKED -- Ryan Ellis, 24, of Willits, was booked into jail on suspicion of driving while under the influence at 7:59 p.m. Friday.

BOOKED -- Eliazar Rodriguez, 39, of Willits, was booked into jail on suspicion of driving while under the influence at 10:29 p.m. Friday.

BOOKED -- Fernando Benitez, 55, of Ukiah, was booked into jail on suspicion of driving while under the influence, driving with suspended privileges and revocation of probation at 1:20 a.m. Saturday.

BOOKED -- Kyla Poehlman, 24, of Mendocino, was booked into jail on suspicion of driving while under the influence at 12:38 p.m. Saturday.

BOOKED -- Monica Velez-Vazquez, 18, of Ukiah, was booked into jail on suspicion of driving while under the influence, unlawful to drive and illegal entry at 1:24 a.m. Sunday.

BOOKED -- Efren Soriano, 32, of Ukiah, was booked into jail on suspicion of driving while under the influence, unlawful to drive and illegal entry at 2:29 a.m. Sunday.

BOOKED -- Nolan Gidley, 22, of Ukiah, was booked into jail on suspicion of driving while under the influence at 7:47 a.m. Sunday.

BOOKED -- Bruce Buckner, 53, of Ukiah, was booked into jail on suspicion of driving while under the influence at 8:23 a.m. Sunday.

BOOKED -- Gabriel Contreras, 41, of Ukiah, was booked into jail on suspicion of driving while under the influence at 8:55 a.m. Sunday.

BOOKED -- Taylor Wright, 28, of Laytonville, was booked into jail on suspicion of driving while under the influence, possession of a controlled substance, transporting or selling marijuana and resisting arrest at 9:28 a.m. Sunday.

BOOKED -- Sergio Herrera, 30, of Point Arena, was booked into jail on suspicion of driving while under the influence, possession of an open container and illegal entry at 11:06 p.m. Sunday.

Those arrested by law enforcement officers are innocent until proven guilty. People reported as having been arrested may contact the Daily Journal once their case has been concluded so the results can be reported. Those who feel the information is in error should contact the appropriate agency. In the case of those arrested on suspicion of driving under the influence of an intoxicant: all DUI cases reported by law enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

FIRE AND RESCUE

BARN BURNS -- Members of Laytonville Fire Department and Calfire responded Monday afternoon to a burning barn in Laytonville on 10 Mile Creek Road.

The barn, measuring 20 feet by 50 feet, was destroyed in the fire with some of the fire spreading to surrounding vegetation. Crews immediately got the fire under control and extinguished.

The cause of the fire is still under investigation with crews still on the scene at presstime.

STRUCTURE FIRE -- Members of Ukiah Valley Fire Department, Calfire, Ukiah Ambulance and the Mendocino County Sheriff's Office responded to a structure fire at Ag Unlimited, 4550 El Roble Rd., at 11:30 p.m. Sunday night.

Damages to the structure of the building total $10,000 with another $5,000 in damages to the contents of the building. No injuries were reported.

The cause of the fire is still under investigation, but officials at UVFD said it does not appear to be suspicious, but rather electrical.

CORRECTIONS

The Ukiah Daily Journal reserves this space to correct errors or make clarifications to news articles. Significant errors in obituary notices or birth announcements will result in reprinting the entire article. Errors may be reported to the editor, 468-3526.

LOTTERY NUMBERS

DAILY 3: Afternoon: 9, 0, 8. Evening: 4, 5, 5.

FANTASY 5: 04, 05, 25, 31, 37.

DAILY DERBY: 1st Place: 10, Solid Gold. 2nd Place: 07, Eureka. 3rd Place: 05, California Classic. Race time: 1:49.05.

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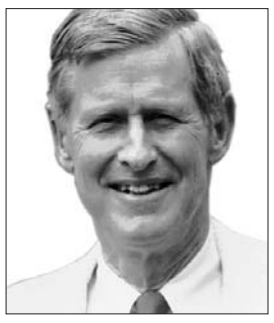
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ASK
DR. GOTT
By Peter H. Gott, MD

Mineral oil may harm ear

DEAR DR. GOTT: For years, I have suffered with an inner ear problem, many times to the extent of nausea. I have been to several specialists with little to no help. Talking with another person with the same problem, I learned that neither of us has any ear wax. I started putting a little mineral oil into my ear a couple of times a week. It has been several months now since I've had a bout with my ear.

Also, I am the only caregiver for my wife, who has been bed-ridden for more than 2-1/2 years. She has had several strokes, high blood pressure, diabetes (two shots per day) and dementia. She had a skin tag on her cheek about the size of a toothpick. I put clear nail polish on it for several days and it came off without irritation.

My question: Is there any danger in either of these practices?

DEAR READER: If you happen to have a hole in your eardrum, putting oil into the ear is not a good idea, so I recommend that you have your ears checked by your family physician before continuing the oil treatment. If your ears check out fine, then the mineral oil will not harm you.

The second situation is more complicated, so I will refrain from commenting on your wife's multiple health problems, which you are apparently handling as best you can. Using clear nail polish to shrink or remove skin tags is certainly an appropriate option, especially for a bed-bound person with several other problems.

To give you related information, I am sending you a copy of my newly updated Health Report "Ear Infections and Disorders." Other readers who would like a copy should send a long, self-addressed, stamped envelope and $2 to Newsletter, PO Box 167, Wickliffe, OH 44092. Be sure to mention the title.

DEAR DR. GOTT: I have never written to a newspaper, but I read your column regularly and feel you often offer great alternative choices to traditional medical therapies. I am a 58-year-old retired nurse, and my husband is a practicing OB/Gyn. Last year, a young woman wrote about several embarrassing topics: urinary control, which should definitely be addressed by a urogynecologist, and flatus control during intimate situations, which may also be helped by the same type of specialist.

It is possible she may have healed after her last delivery with a possible fistula between her vagina and rectum due to tearing. This happened to me, and I, like her, was consider-

See GOTT, Page 5

Healing Arts Fair in town this weekend

By KATHY FISETTE
Special for the Journal

The third annual "Making the Connection" Healing Arts Fair will be held this Saturday from 10 a.m. to 4 p.m. at the Grace Hudson Museum Park at the corner of Main and Clay Streets downtown Ukiah. Full Circle Wellness Resource Center, Ukiah Naturopathic Clinic, and KMEC community radio are sponsoring this event.

The fair is a venue for the community and its health providers to connect with one another. Within our community there are many healers and this event gathers them together so they can share their knowledge and skills.

We are learning daily the value of complementary therapies to assist or reduce the frequency for medical doctor visits and improve overall health and vitality. Therapeutic massage, acupuncture, homeopathy, herbs, nutrition education and nutritional supplements, yoga or chiropractic adjustments, mind-body work they all create greater health and well-being.

Are you interested in essential oil therapy, hair analysis, saliva testing or Healing Into Wholeness? Meet practitioners who offer these tests and therapies. Experience a massage technique that releases held tension in the belly and chest, the core areas we hold our stresses and trauma, (Beyond the Bone Bodywork). Meet chiropractors, acupuncturists, naturopathic doctors, herbalists, nutritionists and massage therapists. Find out how these health practices can improve your health, reduce stress and pain and restore your natural vitality.



Body-Mind health is key to our quality of life. Practitioners facilitate dialogue between the mind and body to help resolve emotional and physical symptoms, by connecting us with our deepest resources of healing. Several practitioners will be available to share their work. Get a clairvoyant aura reading and experience an energy shift. Several readers will be at the fair.

Handle, provides effective, non-drug diagnosis and treatment for neurodevelopmental challenges among individuals of all ages. We are privileged to have a Handle practitioner in our community, meet her and learn more about Handle, programs.

A free series of demonstrations/lectures will take place, highlighting various healing modalities. Every hour a new topic will be covered. Look for the schedule at the Full Circle Booth.

There will be live music by Marcos Pereda and the group Dirt Floor, the Pomo Dances will also perform. Healthy refreshments will be available and a raffle; the participants of the fair have donated great prizes, essential oil, massage sessions, Breast Thermography session, acupuncture treatments and much more. Raffle tickets will be available at the Full Circle Wellness Resource Center booth. KMEC radio booth will be broadcasting live from the fair.

This fair showcases the diversity of healers, practitioners and teachers in our community. Bridging conventional and alternative healing, western and eastern medicine, body, mind, and spirit is the focus of "Making the Connection."

All proceeds go to the Full Circle Wellness Resource Center's Angel Fund and KMEC community radio. The Angel fund is available to provide low-income community members access to affordable alternative health care services; and to provide a low cost meeting room in which classes, workshops, and support groups on diverse health and wellness topics are offered.

Admission is free to the public.

For more information call me 463-0777, Brad at 462-2133, or Kambra at 462-8628.

Kathy Fisette is the western herbal medicine and nutrition consultant for Full Circle Wellness.

Data shows near-tripling of deaths, drug reactions in 7 years

By LINDSEY TANNER
AP Medical Writer

CHICAGO -- Reports of dangerous side effects and deaths from widely used medicines almost tripled between 1998 and 2005, an analysis of U.S. drug data found.

The number of deaths and serious injuries from prescription and over-the-counter drugs climbed from 34,966 to 89,842 during the study of reports to the Food and Drug Administration.

Potent narcotic painkillers including Oxycontin, sold generically as oxycodone, were among 15 drugs most often linked with deaths in the study. Drugs frequently linked with serious nonfatal complications included insulin, the arthritis drugs Vioxx and Remicade, and the antidepressant Paxil.

The report adds to recent criticism of FDA oversight on drug safety, including its handling of serious problems connected with Vioxx, which was removed from the market in 2004.

"This growing toll of serious injury shows that the existing system is not adequately protecting patients and underscores the importance of recent reports urging far-reaching legislative, policy and institutional changes," the authors said. The analysis appears in this week's issue of Archives of Internal Medicine. Its authors are Thomas Moore and Michael Cohen of the Institute for Safe Medication Practices, a nonprofit educational group that analyzes drug safety issues; and Dr. Curt Furberg of Wake Forest University School of Medicine.

They analyzed excerpts of reports on serious side effects received by the FDA between January 1998 and December 2005. A total of 467,809 serious complications were found. Reported deaths nearly tripled, rising from 5,519 to 15,107.

A disproportionate number of complications occurred in elderly patients. Women were more often victims than men, 55.5 percent compared to 45.5 percent. Children were involved in 7.4 percent of the problems.

The FDA issued a statement saying it is aware of the growing number of reported problems and takes them seriously, but the reason for the increase "is not completely known."

"While some of this has to do with the increasing number of prescriptions, there are clearly other factors responsible for this increase, such as the increase in public attention to drug safety, and use of the Internet to make it easier for the public to submit," Dr. Gerald Dal Pan of the FDA's surveillance and epidemiology office said in the statement.

Sen. Charles Grassley, an Iowa Republican and frequent FDA critic, said the report is another indication that the FDA's review of drugs already on the market "must be rigorous and timely."

HEALTH CALENDAR

ALANON: Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

Alateen: Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

Alcoholics Anonymous: Daily; call 462-7123, www.aaukiah.org.

Breastfeeding Support Group: meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health – WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

Celebrate Recovery: Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

Childbirth classes: Learn about nutrition during pregnancy , preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

Community Healing Clinic: 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.fullcirclewellness.org.

Council on Domestic Violence: First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

La Leche League: Breastfeeding group; meets second Tuesday, various times; Nursery Room at Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

Look Good Feel Better: Classes are from 10 a.m. to noon on the second Monday of each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancert treatment. This is a free class offered by the American Cancer Society at 115 E, Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

Low Vision Support Group: 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resteraunt, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222

NAMI: (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays,6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorers by providing mutal support, education and advocacy.

Multiple Sclerosis Self-help Group: People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

Men's Cancer Support Group: Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Narcotics Anonymous: Meetings throughout county; 485-9110.

New Life Workshop: Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

Overeaters Anonymous: Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

Sweet Success: The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

Tantalizing Tuesdays: Series of health related evening discussions; First and third Tuesdays; Full Cirlce Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

T.O.P.S.: (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

T.O.P.S.: Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

T.O.P.S.: Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

T.O.P.S.: Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

Ukiah Community Center Crisis Line: Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

Ukiah Diabetes Education: The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

Ukiah Valley Blood Center/Blood Centers of the Pacific: Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 pm.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

Weight-loss Surgery Support Group: Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; 1st Friday; 6 to 8 p.m.; Bartlett Hall, Ukiah Senior Center, 499 Leslie Street, Ukiah; 468-8763 or email kathlyn@pacific.net.

Weight Watchers: Redwood Valley Weight Watchers meet at the Redwood Valley Cafe and are hosted by Redwood Valley Fitness on 9620 N. State St. Their leader is Laurel of Ukiah Weight Watchers. For more information, call 485-5696.

Women's Cancer Support Group: A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

If you — or the organization that you represent — change a phone number, an address, or any information in this calendar, please call at the Ukiah Daily Journal at 468-3520, or e-mail us at udjfeatures@pacific.net.

Watch what you say



Striving for Imperfection

By Scott Marcus

It never fails to astonish me what difference a few words can make. By the language we use, we can inspire others to feats of heroic sacrifice, create joyful laughter, or change the direction of our own lives. Words matter.

With that as backdrop, Alexander Kuzmin, the 33-year-old mayor of Megion, a Siberian oil town with a population of 54,000, has ordered his bureaucrats to stop using expressions such as "I don't know" and "I can't." If they refuse, they will be hearing a different phrase: "Find another job." In a world of customer service representatives who would rather point fingers than solve problems, you've just got to love this guy!

Kuzmin has banned these and 25 other expressions as a way to make his administration more efficient. Some of the other prohibited phrases are "It's not my job," "It's impossible," "I'm having lunch," and "There is no money." To reinforce the prohibition, a framed list of the banned expressions hangs on the wall next to his office.

"Before," says one staff member, "It was so easy to say 'I don't know.' Now before reporting to the mayor we prepare several proposals on how the problem can be solved."

Isn't that something? By being forced to avoid certain words, people accomplish more -- or at least come up with alternatives.

When you analyze it, it makes great sense. After all, we think in words. Sure, we're creative sorts; but the process by which we translate those flashes of intuitive brilliance into action is via the internal conversation ever present in our minds. The repetition of that exchange, over years, shapes our view of ourselves, how we react to outside events, and therefore the actions that become our lives. If one wants to permanently change the construction of his life, he must start with the building blocks: those internal words, thoughts.

Take for example the common belief, "I can't lose weight." If you, like, are forever fighting gaining weight, try this: Instead of saying "I can't lose weight," say out loud with conviction, "I can lose weight. I just don't want to go through all the work it will take." You will notice -- virtually immediately -- an uncomfortable feeling welling up inside you. Why?

See STRIVING, Page 5

FORUM

Editor: K.C. Meadows, 468-3526 The Ukiah Daily Journal udj@pacific.net

Letters from our readers

Marriage equality very close

To the Editor:

On September 7, 2007, for the second time in three years, Mark Leno's Religious Freedom and Civil Marriage Protection Act passed the California Legislature. It now awaits Governor Schwarzenegger's signature, either granting civil marriage equality to all or telling same-sex families in California that they are second-class and not as deserving as their heterosexual counterparts.

I hope that he signs the bill. It would give my family and the many other same-sex families in our community that much more validity. My partner of almost fourteen years and I would be able to be married, just like our friends, Lene and Kenneth. We would be one step closer to full marriage equality and all of the benefits that go with it. My partner would be able to get my retirement if I pre-decease her.

We would still pay higher taxes due to the federal laws. That will be tackled next. At least our own state, where we live, have worked, have worshiped, given to our community and have raised our son, would be able to recognize us as just another older, married couple. How nice those words sound.

There will be rallies throughout the state Tuesday Sept. 18 to encourage the governor to sign the bill. The Ukiah rally will be held at 5:30 p.m. in front of the Mendocino County courthouse in Ukiah.

Jennifer SookneMizell
Willits

How to keep intruders away?

To the Editor:

A few months ago, I became the proud owner of a Border Collie pup. She is very friendly, well mannered and a great joy in my life, I live on a big piece of land, south of Ukiah. The property is completely fenced, and the pup is on a 50-foot walker, with huge trees for shade and a nice dog house.

We are both very content.

Just recently, she has started acting afraid, and crouches down in fear. So, I have been trying to watch her more closely. Once in a while, she barks, but I can't see what it is she is barking at; maybe a cat?

Last Saturday, while she was barking, I came outside to the corner of my shed, and stepped out to look. Three good sized rocks came hurtling at us. Two hit the ground, making dirt fly in the pup's face as she jumped back and tried to hide. The third rock hit me in my left ankle. At first, I through someone was shooting at us.

I looked up to see a man running along the other side of the fence. He and a woman got in a car and quickly fled. I got a good look at him, he lives in the area with a small dog that barks also. With my eyes watering from the pain in my ankle, I unleashed my pup and brought her in the house. It took hours before she would stop shaking.

I have heard footsteps around my home for two years now. I also hear what sounds like a folding ladder closing or opening. I also see footprints as well, and they are not mine.

I have had things stolen out of my yard, food and doctor's prescriptions stolen out of my house, my car was tore apart as they were trying to get it started, clothes taken off my clothes line, bars popped out of the door hinges. I also found two crack pipes and a gold lighter in plain sight; they were not there the day before. And now, my innocent little dog is being abused.

I have 'No Trespassing' signs, 'Beware of the Dog' signs, a surrounding fence, she never leaves the property, except with me. I bring her in at night. So ... what's the problem? I'll tell you. She is doing her job, that's the problem. She is warning me of an intruder.

This man has no business being over here. I have seen him since that day, but he ignores me and refuses to talk with me. Last Tuesday, I caught him pulling his ladder up over my fence to his side. Great. Later that evening, when I ventured outside, he was up on his roof with binoculars, looking towards my back yard. What? I have neighbors with children. Please be aware to close their curtains.

I cannot jump up and run after this man. I am crippled and in a wheelchair. He has to physically hurt me for the police to do anything. And I do understand that. But he is breaking the law, and abusing my rights every day, over and over.

Any suggestions? Aren't there laws against animal abuse, against abusing handicapped folk. How about theft, breaking and entering?

There has to be someone who can convince him to stop doing this.

Jimmy Russell
Ukiah

So maybe they'll learn

To the Editor:

So does this bus driver have a maniacal history of wantonly kicking children off the bus into the middle of busy intersections during rush hour? I am guessing not, or even our local journalists would have dug up that chewy morsel to enliven the story. No, I suppose that this bus driver made a decision in every student's best interest, to protect the safety of the rest of the students, perhaps even the offending student as well. Disorderly conduct in the back of the bus must be a miserable behavior to control. How is one expected to drive and police potentially dangerous behavior as well? After what seems to be repeated attempts to calm the children, the driver asked them to step off the bus a few miles from home, or to call their mothers on their cellphones. Perfectly reasonable.

So the kids had to walk. It wasn't below zero, it wasn't rush hour. Perhaps young Mr. Christensen and his cohort might come to terms with the concept of privilege, to see that the service this country provides them with, their education, their free ride, does come with a price. We ask that they behave as upright human beings. This was no kindergarten bus, but a group of young adults (full adults, by global standards) who were, no doubt, knowingly behaving as adolescents will -- juvenile.

Is the lesson learned, friends of Troy? I hope so. Because we forgive even if our instruction may smart some. And tomorrow and the next day you'll be back on our bus. Try to behave yourself, if you can. We are hoping that soon, very soon, you'll actually grow up.

P.S. I like how the only other student interviewed in the original article by the UDJ wasn't even on the bus but rides the bus on other occasions. That's some journalism, folks!

P.P.S. Between 13 and 27? Troy, you must learn to estimate better than that, or your numbers may seem to be an outright lie.

Mike Jamison
Ukiah

LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. Letters chosen for publication are generally published in the order they are received, but shorter, concise letters are given preference.We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. If we are aware that you are connected to a local organization or are an elected official writing about the organization or body on which you serve, that will be included in your signature. If you want to make it clear you are not speaking for that organization, you should do so in your letter.All letters are subject to editing without notice. Editing is generally limited to removing statements that are potentially libelous or are not suitable for a family newspaper. Form letters that are clearly part of a write-in campaign will not be published. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to *udj@pacific.net*. E-mail letters should also include hometown and a phone number.

ON EDITORIALS

Daily Journal editorials are written by Editor K.C. Meadows with the concurrence of Publisher Kevin McConnell.

In our opinion

A step forward for the mentally ill in jail

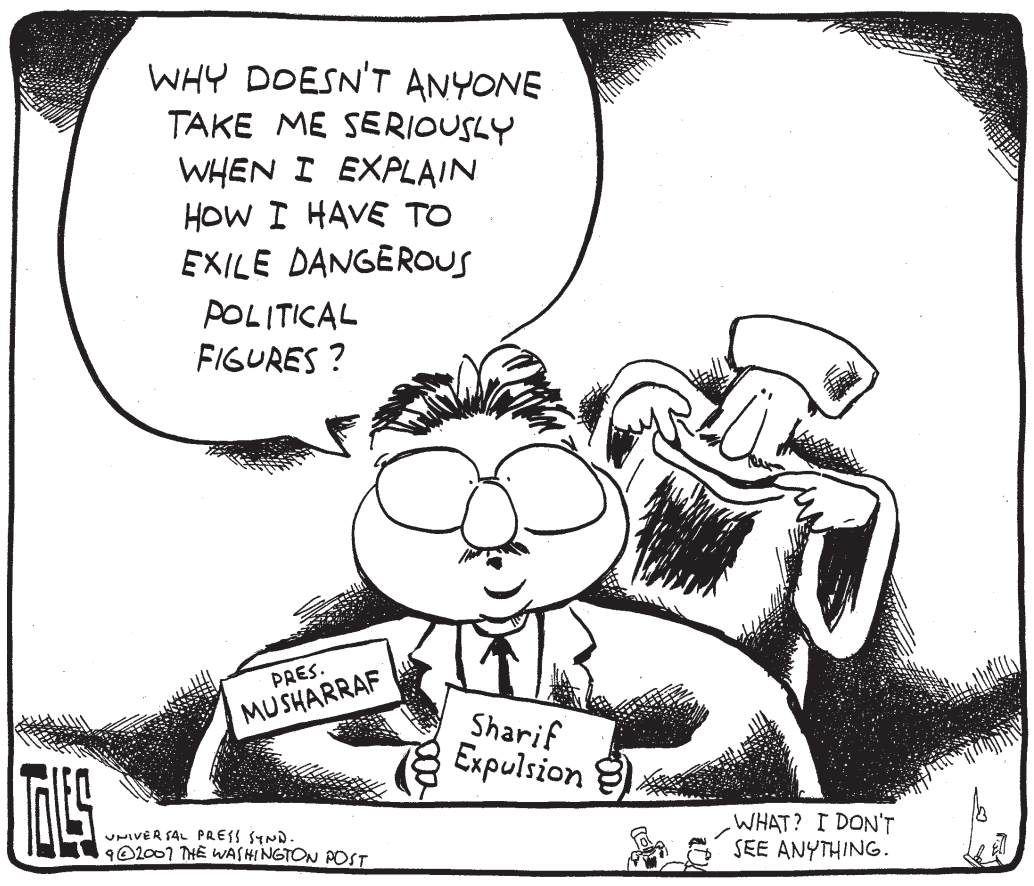
We hope Gov. Schwarzenegger is planning to sign SB 568, a bill by North Coast Sen. Pat Wiggins, which will allow counties, in strictly regulated circumstances, to medicate county jail inmates who are mentally ill and are awaiting their evaluations for competency to stand trial.

Ideally, these inmates would be cared for in mental health facilities and would not have to wait long for the evaluations that allow their cases to proceed to trial or be diverted to further mental health care. But that's not reality in California these days.

More common is a mentally ill person being put into a regular jail cell to await his or her evaluation at a state mental health facility which may have a waiting list of months.

In the meantime these mentally ill offenders often go without the medications they need to get from day to day, which only makes them more of a risk in the jail both to themselves and others.

This bill will help with a problem most agree is a necessary evil. The governor should sign it right away.



THANK YOU LETTER POLICY

Editor's note: The Daily Journal welcomes letters of thanks from organizations and individuals. We are glad that so many successful events are held here. However, thank you letters must be kept short. For that reason we have a 20-business name limit per letter. If your letter lists more than 20 businesses it will not be printed. Shorter thank you letters which do not contain lists of participants or donors will be printed more quickly. Those wishing to thank long lists of people and businesses are welcome to contact our advertising department for help with a thank you ad.

President George Bush: The White House, 1600 Pennsylvania Ave., Washington, D.C. 20500; (202) 456-1111, FAX (202)456-2461.

Governor Arnold Schwarzenegger: State Capitol, Sacramento, 95814. (916) 445-2841; FAX (916)445-4633

Sen. Barbara Boxer: 112 Hart Senate Office Bldg., Washington, D.C. 20510; (202)224-3553; San Francisco, (415) 403-0100 FAX (415) 956-6701

Sen. Dianne Feinstein: 331 Hart Senate Office Bldg., Washington, D.C. 20510. (202)224-3841 FAX (202) 228-3954; San Francisco (415) 393-0707; senator@feinstein.senate.gov

Congressman Mike Thompson: 1st District, 231 Cannon Office Bldg, Washington, D.C. 20515. (202) 225-3311; FAX (202)225-4335. Fort Bragg district office, 430 N. Franklin St., PO Box 2208, Fort Bragg 95437; 962-0933,FAX 962-0934; www.house.gov/write rep

Assemblywoman Patty Berg: State Assembly District 1, Capitol, Rm. 2137, Sacramento, 95814. (916) 319-2001; Santa Rosa, 576-2526; FAX, Santa Rosa, 576-2297. Berg's field representative in Ukiah office located at 311 N. State St, Ukiah, 95482, 463-5770. The office's fax number is 463-5773. E-mail to: assemblymember.berg@assembly.ca.gov

Senator Pat Wiggins: State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375Email: senator.wiggins@sen.ca.gov.

Mendocino County Supervisors: Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. bos@co.mendocino.ca.us

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From the desk of ....



RUBEN NAVARRETTE JR.

No easy way out

Iraq divides America. We already knew that. But what became evident after Gen. David Petraeus testified to Congress about progress in Iraq is that the division that really matters isn't between Bush-haters and Bush-backers, or between those who would pull out U.S. troops today and those who worry about leaving too quickly.

Rather, it's a division fueled by differing expectations. On one side, you have those Americans who understand that conflicts on foreign soil can be long and complicated. On the other, you'll find those who, judging from their carping, prefer wars the way we have been conditioned to get our food -- fast and neatly packaged.

That distinction comes into focus when we talk about benchmarks -- especially those that haven't been met. One of the goals of the troop surge was to provide enough stability so as to bring about political reconciliation between Iraqis. War critics like to point out that even if parts of Iraq are more stable, this reconciliation hasn't occurred. Ergo, they claim, the surge has failed.

Not so fast. The surge was announced in January and troops weren't up to full strength until spring. That's not much time to force a reconciliation that requires healing wounds that go back a generation or more. It may be convenient for Americans to demand that the various factions of the Iraqi population put aside their hatred for one another for the sake of political expediency, but it's not terribly realistic.

Does Northern Ireland come to mind?

Before Americans can expect a reconciliation in Iraq, they must also come to an honest recognition of just how complicated this situation is, and show a willingness to reject simple solutions that may well lead to more problems down the road.

Americans always hear that we broke Iraq, and so we bought it. And now critics of the war are blasting the administration for not being able to piece together what's been broken.

That's fair enough. The Bush team has made plenty of mistakes and too many promises it couldn't keep about how our troops would be received, how long the war would last, how we'd pay for it, etc. For too long, the president had the wrong strategy, the wrong number of troops, and the wrong people in charge.

When it comes to Iraq, Bush could use some good news. And here it is: In politics, your enemies can make you look good. Some of those who oppose the president's Iraq policy have shown themselves to be despicable. MoveOn.org proved that last week by taking out a full-page ad in The New York Times contending that Petraeus would "betray us" by presenting false information to Congress.

Democrats should have denounced the ad. Instead, they simply insisted they had nothing to do with it -- a feeble run for cover. No one needs cover more than those Democrats running for president. The fact they want us out of Iraq so quickly tells us they understand what a complicated situation this is. The last thing any of them wants is to inherit this war.

The administration deserves loads of criticism for where we find ourselves in Iraq. But its detractors shouldn't escape criticism for their solution, which -- to stick with the you-break-it-you-bought-it analogy -- is to simply put the broken merchandise back on the shelf and scurry out of the store. It's hard to respect folks who refer to Iraq as the biggest foreign policy blunder in a generation and then proceed to map out an exit strategy that fits on a cocktail napkin.

I'd rather listen to the folks with the rows upon rows of ribbons on their chests. Who better than the generals -- and ultimately, the commander on the ground, Gen. Petraeus -- to tell us how our troops are faring in Iraq and how quickly we can withdraw without leaving so much unresolved that someday we might have to send another generation of soldiers to finish the job?

Petraeus told Congress that the surge is working, that it would be a mistake to pull out troops before next spring. And, in a revelation that carried extra poignancy delivered on the week of the sixth anniversary of the 9/11 terrorist attacks, he also said that al-Qaeda has begun to treat Iraq as the front line in its war on the West.

Americans would be wise to listen, discard the cocktail napkins, and give the professionals time to work.

Ruben Navarrette Jr. is a columnist and editorial board member of The San Diego Union-Tribune.

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What are you doing with your time?

To every thing there is a season, and a time to every purpose under the heaven. -- Ecclesiastes 3:1



Healthy Living
By Haven Logan

Our sense of time changes with age, life circumstances, and the state of the world. What has been your experience of the passage of time? Do you feel you have time for all the things that give purpose to your life?

As a child and young teenager I remember the agony of time seeming to stretch out endlessly. Would I ever turn eight? Would Christmas morning ever come? Would I ever get a letter from my boyfriend? Would the clock ever reach 3 p.m. so I could escape from my last period class?

That all changed in my late teens when I went away to college. Suddenly there were so many more activities to choose from and I had much greater freedom to decide what I did with my time. I filled it with new experiences. Because my mother had died in her mid-'40s, I had an immense sense that time was limited and that I should do everything I wanted to do sooner rather than later. Coming of age in the 1960s only served to reinforce this feeling that one should grab time and ring every drop of life out of it.

By my late twenties my sense of time shifted once again. Now the focus was on deadlines, some of which I had already passed. In those days marriage was expected to take place by at least age 25 so you could have your first child before age 30. Then there was the deadline of buying your first house, hopefully in time for your first child's arrival. With many more women employed outside the home, how did building a career fit in with these other deadlines? In my thirties and forties I felt that I had to make up for all those years spent enjoying myself and trying to right the wrongs of the world in the 1960s and '70s. Time became something I had no time to think about. I was juggling career goals, parenting, housekeeping, and trying to keep up with the ever changing world of technology.

As I move into yet another stage of life, the question of how to spend my time becomes more serious than ever. Financial planners talk delicately about "expected years." Well, I had expected to have limited years and already I have outlived my mother by almost two decades. My step-mother is 90 and mother-in-law is 96. So how do I know how much time I have? Shall I spend my money on all those foreign trips I always wanted to take or save it for time in a nursing home?

We don't have crystal balls to tell us how our lives will turn out; however, what we do have some control over is how we're using our time right now. To get a clearer look at how you are spending this precious commodity we call time, try this simple exercise.

• **Step #1:** Take out a piece of blank paper measuring at least 8 1/2 by 11 inches. This piece of paper represents the amount of time you have in your daily life. Now begin to rip this paper into pieces representing how you spend your time in an average week. One piece might be work, another taking care of the house, another spending time with friends, etc. There is no right or wrong outcome to this exercise. Don't worry about being too precise; just go with your instinct. Label each piece of paper that represents the amount of time dedicated to a particular activity. The only rule to this exercise is that you have no additional time available, only the time that is represented by the whole sheet of paper.

When you're finished, place the pieces of paper out where you can see them. What do they tell you about how you're spending your time? How do you feel as you look at this? Are there important life purposes that you have left out or given little time to? Are there areas on which you would like to spend less time on?

• **Step #2:** Guess what! You now get to take out a new eight and a half by 11 inch piece of blank paper. This time rip the paper into pieces that demonstrate how you would like to be spending your time. Label each of these pieces with activities that represent for you a healthier, happier and more satisfying life. Keep the pieces some place where they will remind you of how you want to spend your time.

It is your time! Make sure that you keep enough of it for yourself and the things that are most important to you.

Haven Logan, Ph.D., is a psychotherapist in private practice in Ukiah. She is the author of two books, "Choosing to Be Well: A Conscious Approach to a Healthier Lifestyle" (Inner Ocean Publishing) and "The California Wine Country Diet: The Indulgent Approach to Managing Your Weight" (Quill Driver Books). You can download past Healthy Living columns at her website: www.californiawinecountrydiet.com.

Gott

Continued from Page 3

ing becoming a hermit. My husband was unaware this had happened and had to make me get examined by a colleague. Subsequent surgery improved the situation. This should definitely be checked out. Of course, Kegel exercises and time could also be helpful but may not get to the root of the problem. The amount of gas produced could also be helped, not only by avoiding the foods you listed, but also by completely cutting out all carbonated beverages.

DEAR READER: A recto-vaginal fistula (a hole in this area) is a common cause of troublesome symptoms, such as chronic urinary infection and excessive intestinal gas. Your suggestion makes perfect sense and could vastly improve her quality of life.

Doctor Gott is a retired physician and the author of the new book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores. If readers would like to contact Dr. Gott, they may write him at Dr. Gott c/o United Media, 200 Madison Ave., 4th fl., New York, NY 10016.

Striving

Continued from Page 3

Words, thoughts, feelings, and beliefs are bound together tighter than a psychological Gordian knot. Disconnecting them is impossible.

I create my beliefs; I do so to make my life run smoother. If I repeat, "I can't" enough times, I am absolved of the responsibility of trying, leaving time for other "more realistic" pursuits. If I change "I can't" to, "I won't," I am forced -- at least in my internal dialogue -- to justify my motives, which can sometimes feel rather "messy." It's much easier to sidestep the responsibility; after all I'm already very busy.

When I say something different, I feel something different. Different emotions elicit different thoughts. New actions come from such untried thoughts. Life is the result of actions.

Say something different. Repeat often. Watch for new results.

About the author: Scott "Q" Marcus is a THINspirational speaker and author. Since losing 70 pounds 13 years ago, he conducts speeches, workshops, and presentations throughout the country. You can visit him at www.ForeverFightingFat.com or contact him at scottq@scottqmarcus.com.

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Join **Fair & Powerful Communication (FPC) and local architects Ruff + Associates** for an open discussion related to Developers Diversified Realty's (DDR) proposal to build a retail center on the former Masonite Site. **Your participation does not imply either support of *or* opposition to the project. So, whether you're neutral, opposed or undecided, show up, listen and get involved!** Your participation will help the greater Ukiah Community move toward greater mutual understanding and creative solutions based on a shared care for Ukiah. All are welcome, no need to preregister. **Just join us!**

Thursday, September 20 5:30 – 8:30 pm
Wednesday, October 3 5:30 – 8:30 pm
Friday, October 5 5:30 – 8:30 pm

Location all meetings:
Ukiah Conference Center
200 S. School Street, Ukiah



HOW CAN I ATTEND?
Just show up - No need to preregister.
Questions or special needs requests, contact FPC at Masonite@fairandpowerful.com or **707-939-8181, 1#**

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LOCAL CALENDAR

SEPTEMBER 20

Ukiah High School Boys Soccer vs. Cardinal Newman at Ukiah High School Stadium, 4:00/5:30

SEPTEMBER 19

Mendocino College volleyball vs. Santa Rosa Junior College, 6:30 at Mendocino gymnasium.

SEPTEMBER 20

Ukiah High Girls Tennis vs. Piner High School, home, 3:30.

COMMUNITY DIGEST

Special Olympics bowling practice

Three months of bowling practice begin on September 20 and continue every Thursday afternoon through November 29. Practice starts at 3:30 and ends at 5:00. For more information call J.D. at 489-3087. There will be no bowling scheduled on Thanksgiving Day.

Downtown K-town 3 0n 3 tournament

On October 13, in Kelseyville, there will be a 3 on 3 tournament for all ages. The tournament will be held in downtown Kelseyville and run from 10am to 6pm. Registration will start at 8am. It is $60 for youth division and $100 for adults.

Time to bowl

Looking for a great fall/winter sport? Yokayo Bowl needs bowlers on several different leagues. Singles and Teams for Monday Mixed 5's, Thursday Women's 5's, Friday Men's 5's and Senior's Tuesday and Wednesday Mornings.

For more information call 462-8686.

Ukiah co-ed softball tournament

The City of Ukiah is beginning registration for a co-ed slow pitch softball tournament. The tourney will be held at the Ukiah Sports. Complex Saturday, September 22, and Sunday, September 23.

The format will be a three game round-robin with a single elimination playoff to follow. The deadline for registration is Friday, September 14 with a maximum of 18 teams. Team fees are $300 per team (no player fee).

All proceeds go towards field and facility improvements for the City of Ukiah Complex. For questions or to register a team, please call (707) 463-6714 or come to 411 West Clay Street.

Ukiahi Athletic Boosters meeting

Become involved and join the Ukiah High School Athletic Boosters Club. All parents and community members are welcome and encouraged to participate.

This is a fun and long-standing community group which works hard to help local prep athletes obtain their uniforms and much needed equipment.

The next Ukiah High School Athletic Boosters meeting will be on Monday, September 24, at 5:30 p.m. on the Ukiahi campus in the Career Center located in the Administration Building.

Ukiahi Athletic Boosters dinner

Ukiah High School Athletic Boosters fund raising dinner and auction will be held on Monday, October 15.

The community is invited to join us for our annual event at a "new" location in the Fine Arts building at the Ukiah Fair Grounds.

Dinner tickets are $30 per person. For reservations and purchase information contact Deni Lee at 468-3736 or Val Jackson at 468-9085.

UVAH golf tourney

On September 22, the 17th annual Ukiah Valley Association for Habilitation (UVAH) golf tourney will be held at the Ukiah Municipal Golf Course. Participants can enter as a team of up to four people, or individually.

Prizes for the first, second, and third place teams, hole-in-ones and longest putt and longest drive will be awarded to participants. Sign up by September 1, to ensure a shotgun start. For more information call Pam Jensen at 468-8824.

A $60 donation required, $35 for people with yearly memberships. All proceeds go to the UVAH.

SAL Boxing

Fall hours for SAL boxing are Thursday 6:45 p.m. and Friday 5:00 p.m. The cost is only $5 a year and classes are ongoing at the Redwood Health Club.

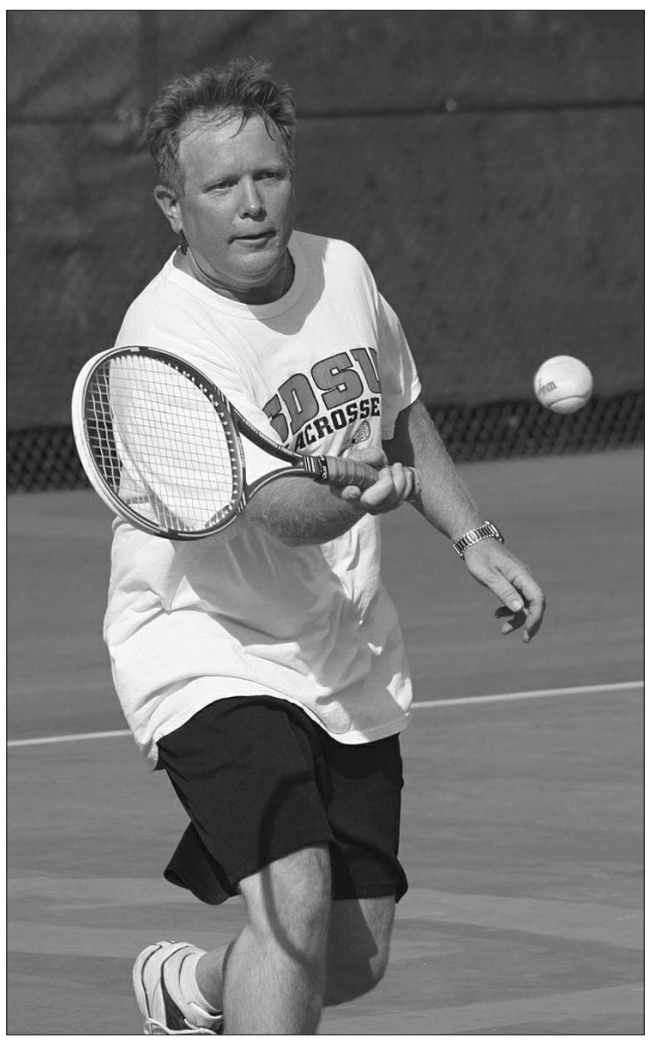
To join SAL Boxing athletes must fill out paperwork and have a parental signature for those under 18. The class is a mix of a levels and ages. Come for a good workout or to seriously study boxing.

PumpkinFest 3-on-3

This hoops tourney will take place in the Ukiah Savings Bank parking lot at 200 N. School St. The fee is $20 per player (five player maximum).

Team check-in is 9 a.m. There is a three game minimum for all divisions, and there will be team and individual awards. Call 463-6714 for more information or to register.

Volley for Volley at Ukiahi





Good weather made for a great spectator event at Ukiah High School last Friday.

Left: Ukiahi Principal Dennis Willeford played his sets with a racquet 'twice as old as his opponent'.

Right: Number one seed Hayley Milovina finished the sets with a new found respect for Willeford's ability.

Below: After the match Willeford and Milovina kept things light for the crowd who packed the Ukiahi tennis court bleachers.



Battle for Top Cat ends in Willeford's favor

There was a showdown at the Ukiah High School tennis courts Friday afternoon when Ukiahi Principal Dennis Willeford took on top seated Wildcat Varsity Tennis player Hayley Milovina.

Willeford, who took a tennis class at Mendocino College but never competed, said his racket was "twice as old as his opponent".

The bleachers were full of spectators at the sets played out 6-4, 2-6 and a tie-breaker of 6-1 in Willeford's favor.

Seventeen-year-old Milovina, who started playing tennis at age 10, said Willeford was a worthy opponent. "He's an overall good player, she said.

"He's a very competitive and athletic for his age and hits with lots of spin."

Photos and story by
ROP Photo Teacher
Suzette Cook-Mankins

Plot thickens in the O.J. Simpson Las Vegas burglary arrest

Audiotape released of sports memorabilia dispute involving ex-NFL star

By RYAN NAKASHIMA
Associated Press Writer

LAS VEGAS — An apparent audiotape of O.J. Simpson's standoff with men he accused of stealing his memorabilia begins with the ex-NFL star demanding, "Don't let nobody out of here."

"Think you can steal my s-- and sell it?" the voice identified as Simpson's said.

Simpson was arrested Sunday and booked on charges connected with what police described as a robbery at a Las Vegas hotel. In the audiotape released Monday by the celebrity news Web site TMZ.com, a man believed to be Simpson is heard shouting questions while other men yell orders to the people in the room.

The recording was made by Thomas Riccio, co-owner of the auction house Universal Rarities, according to TMZ. Simpson has said Riccio called him several weeks ago to tell him collectors were selling some of his items.

Riccio did not immediately return a call for comment Monday, but he told TMZ he believed Simpson was planning to confront Alfred Beardsley, who was allegedly planning to auction off the memorabilia.

Another collector in the hotel room, Bruce Fromong, said the meeting was set up as if the men were customers, but when they arrived, it was clear something else was going on.

"The door burst open and they came in almost commando style, O.J. Simpson and some of his people, I guess you would call it, with guns drawn," Fromong told ABC's "Good Morning America" Monday. "O.J. at that time was saying, 'I want my stuff. I want my stuff.'

"The thing in my mind as soon as I saw him, I'm thinking, 'O.J., how can you be this dumb? You're in enough trouble.'"

Fromong said Simpson later left him a voice mail message telling him some of Fromong's things were "mixed up" with his and asking how he could give them back.

"It's like a bad dream," Beardsley said. "I'm sad that O.J. is in custody."

Simpson has said he was accompanied by men he met at a wedding cocktail party, and that they took the collectibles.

It was merely a confrontation with no guns, Simpson said. He said autographed sports collectibles, his Hall of Fame certificate, a photograph with former FBI director J. Edgar Hoover and video from his first wedding were all his, and that they were stolen from him and were about to be fenced by unethical collectors.

The items likely belonged to Simpson at one point, Fromong said, "but these were things that belonged to him a long time ago."

Police said they weren't sure who now owned the memorabilia.

"Whether or not the property belonged to Mr. Simpson or not is still in debate," Lt. Clint Nichols said Sunday. "Having said that, the manner in which this property was taken, we have a responsibility to look into that, irregardless of who the property belonged to."

After being whisked away in handcuffs, Simpson was booked Sunday night on two counts of robbery with a deadly weapon, two counts of assault with a deadly weapon, and conspiracy to commit a crime and burglary with a firearm, police said.

The district attorney said he expected Simpson to ultimately be charged with seven felonies and one gross misdemeanor. If convicted, Simpson could face up to 30 years in prison on each robbery count.

A judge ordered Simpson held without bail. Las Vegas court information officer Michael Sommermeyer said Simpson's arraignment was set for Wednesday, with a bail hearing to be held after that.

Simpson attorney Yale Galanter said Monday he hoped to get Simpson released before then.

"Mr. Simpson is not guilty of these charges," Galanter said. He declined to say whether he had met with police and prosecutors.

"We believe it is an extremely defensible case based on conflicting witness statements, flip-flopping by witnesses and witnesses making deals with the government to flip," Galanter said Sunday.

Beardsley blamed the incident on Riccio, who he claims told Simpson that his property was in the room in Las Vegas.

"If they don't charge Riccio I will be very upset. That guy lied to O.J. and got him all pumped up," he said.

Simpson, 60, told the AP that he didn't call the police to help reclaim the items because he has found the police unresponsive to him ever since his ex-wife Nicole Brown Simpson and her friend Ron Goldman were killed in 1994. Simpson was acquitted of murder charges but found liable in a wrongful death civil trial.

"The police, since my trouble, have not worked out for me," Simpson said.

Police said they had no information to indicate Simpson was armed during the hotel confrontation last week. Fromong also said Simpson was unarmed: "Never at any time was I ever, did I feel threatened by O.J.," he said.

Police seized two firearms believed to involved in the robbery along with sports memorabilia, mostly signed by Simpson. They also said they recovered collectible baseballs and Joe Montana cleats at private residences early Sunday after serving three search warrants.

Walter Alexander, 46, of Mesa, Ariz., was arrested Saturday night on two counts of robbery with a deadly weapon, two counts of assault with a deadly weapon, conspiracy to commit robbery and burglary with a deadly weapon. Alexander, who was described as one of Simpson's golfing buddies, was released without bail Saturday night.

Robert Dennis Rentzer, a Los Angeles lawyer representing Alexander, said he was able to arrange his client's release but wasn't familiar with the allegations.

Police are seeking four other men: Las Vegas residents Clarence Stewart, 53, and Michael McClinton, 49; Tom Scotto, of unknown age and hometown, and another man who was not identified.

Simpson, a Heisman Trophy winner and actor, lives near Miami and has been a tabloid staple since his ex-wife and Goldman were killed.

Goldman's father, Fred Goldman, welcomed the possibility that Simpson could go to prison.

"How wonderful," he told CBS's "The Early Show" Monday. "A lot of years too late, however. I would have much preferred him found guilty of Ron and Nicole's death and then put either to death or in jail then. But frankly to see him ultimately or potentially go to jail — that's great."

Simpson's arrest came just days after the Goldman family published a book that Simpson had written under the title "If I Did It" about how he would have committed the killings of his ex-wife and Goldman had he actually done it.

After a deal for Simpson to publish it fell through, a federal bankruptcy judge awarded the book's rights to the Goldman family, who retitled it "If I Did It: The Confessions of the Killer." During the weekend, the book was the hottest seller in the country, hitting No. 1 on Amazon.com.

Associated Press Special Correspondent Linda Deutsch in Los Angeles contributed to this report.

Collins and Sabol claim top prizes at the Bomber Bash in Lakeport

by Curtis Clauson

Lakeport – Last Saturday, the Lakeport Speedway hosted the Marlene Baker Memorial Bomber Bash #12 with a night full of races for the Guy Strohmeier Auto Center Bonus Bombers and the Guy Strohmeier Auto Center Bombers. There was also a special novelty race for the Sliders: front-wheel drive cars with plates instead of rear wheels which slide around the track.

The night was capped off with this season's Asphalt Boat Race Nationals. 30 cars towing boats lined up on a water cannon soaked track to thrill the crowd with maritime mayhem on the high asphalt.

Gary Collins of Nice used lapped traffic to gain the lead and kept himself ahead of the battles to win the Bonus Bomber main event. He also won his heat race. Four Bomber drivers: Robert Byers, Ronald Portlock, Mike Bray, and Richard Bray tried their hand for the first time as Bonus Bombers.

Scott Sabol of Lakeport, driving the 23K for Manya Tenney, wove through traffic like a bike-messenger through Market Street to win the Bomber main event.

For anyone who thought that Sliders were just a Friday practice amusement for only a couple of cars – get this: 13 Sliders showed up for the main event. Right from the start there were cars spinning everywhere as they tried to manage turning with no rear wheels (Sliders spin counter-clockwise in the Northern Hemisphere – right?). While Bob Strauss showed off his experience, and Modified "King of the Hill" champion Terry McIntire exhibited his skill, it was first-timer Rick Dickerson who finished the most laps in the alloted time to win the main event.

Boat Races

"Give me the smell of asphalt in the evening, grip for my tires, and a tall ship to steer into." - Pavement Pirate

It's the autumn of the season and time for all of those Boat Race qualifiers to come together, get serious, and lay into some fiberglass. The Asphalt Boat Race Nationals were held at the Lakeport Speedway last Saturday as part of the Marlene Baker Memorial Bomber Bash #12.

The field boasted 30 cars towing boats of all sizes and shapes. Even some of the Sliders made a quick rear end conversion and grabbed a boat. The track was doused in water from the wall sprinklers and the 360° infield water cannon. The asphalt armada held it in for two parade laps, Johnny Miskill threw the green flag, and dove for his life behind the breakwater.

The object of this demolition style novelty race is to drag and protect your own boat around a slick water-soaked track while hunting and destroying any other boat. As long as you've got your boat, or have picked another one up by pushing it, you're in the hunt.

Some highlights:

First blood on the water was claimed by Terry DeCarlo crushing the Quien Sabe of Bill Coleman against the wall in turn three.

Darrel Sullivan got his boat turned across the backstretch when Rick Bryant came hurtling through and literally cut the barge in half.

Bryant continued into turn three trying to snap the tether of the boat of Garrett McAtee, but turned too soon and the boat sailed up and over his car.

Dustin Caldwell had freed himself from the turn four tangle and backed his boat to the infireld to turn, just as DeCarlo came through, whipping the gallies, and tore a car-sized hole through the middle of DeCarlo's boat.

Kyle Medina drove up onto the boat of Sara Schramm trying to snap the tether, but she slid it back on out, flatter, but intact.

Schramm gave no thought to her close call and immediately crushed the boat of Jeremy Prince against the wall in turn four.

Prince tried to repay Schramm later when Schramm was slow up high on the backstretch. Prince came in wide and swung his boat up into hers. However, he did not count on Ian James torpedoing up behind him and destroying his boat by crushing it against Schramm's.

Mark Anderson got turned nose into the wall on the frontstretch in front of the grandstands. There was a lost boat against the wall just after turn four. Kevin Sabol swung inside to avoid this boat and Anderson, but Cheyenne Bishop was right behind him on the outside. She hit and pushed the boat down the frontstretch. Sabol's boat kept the derelict against the wall, and the whole mess was crushed against Anderson. Sabol drove off clear, Anderson spun into the middle of the frontstretch, and Bishop sailed through the outside. But even sitting still, Anderson was still a threat as another car dodged outside swinging his boat squarely into Anderson's rear and ripping the boat in half.



Photo by Jennifer Aiken

Saturday's Asphalt boat race winner Buddy Silva at the Lakeport Speedway.

Cecil Caldwell lost his boat to earlier action, but gamely tried to salvage one in turn two. However, he drove up into it and promptly ran aground, spinning tires, throwing smoke, and contemplating a career as a slalom obstacle.

It seemed everywhere you looked either Buddy Silva was running over, or Kevin Sabol was using the wall, to crush someone's boat. These terrifying tarmen fought a long and continuous feud with each other destroying no one knows how many boats between them.

Eddie Driskell survived just such an encounter with both Silva and Sabol, and then found the boat of Eric Wheaton squarely in his sights against the turn four wall. When the dust cleared, Wheaton was well scuppered but still in it.

The race had a tremendous finish. When the white flag was thrown, Silva tried running onto Sabol's boat one last time. A car stalled just after the finish line. Sabol dodged to the inside of this car and Silva dodged inside Sabol. However, both their boats swung wide and smashed broadside into the stalled car with a teeth rattling crash.

As always, any car with any part of a boat left in tow tried to make it to the frontstretch. After several cars were eliminated for too little boat left, the grandstand fans got to vote by whooping and hollering for the pavement pirate that most impressed them.

For his gale storm feud with Sabol and his daring in running up onto and over boats, Buddy Silva was the clear winner, with Kevin Sabol a close call in second over Eddie Driskell in third, and Eric Wheaton in fourth.

Bonus Bombers

The Bonus Bomber main event 11 car field was led to the start by Gary Collins and Eric Johnson. They ran side-by-side while Robert Byers battled Mike Bray for third and Sean Keown and Bill Mucci vied for fifth.

Johnson finally pulled ahead on the backstretch and finished the pass in turn four. Mucci fell back to the outside of Manuel Antonio as Andy Vander Veer and George Mavrakis closed the gap.

Byers broke loose in turn two, scraped the wall, and fell ack outside Antonio, pushing Mucci back outside Vander Veer. One lap later, Keown did almost the same thing in turn two, falling back outside Antonio and pushing Byers back outside Vander Veer.

Collins was still trying to get outside Johnson, Bray was well behind in third, Keown passed Antonio for fourth, and Vander Veer and Mavrakis were waiting for an opening. Keown continued to advance outside Bray to take third.

Bray was shuffled back as Vander Veer and Mavrakis passed Antonio and joined Keown in chasing down the leaders. Collins alternately tried high and low lines to get past Johnson to no avail as Johnson held a strong line.

With no yellows, the leaders started to lap cars. Ron Portlock was quickly shuffled back by the top five. Vander Veer swung outside Keown, passing him for third, and took to the inside of Collins as Collins came back down from another attempt on Johnson. This sent Vander Veer into the turn two infield. He recovered but fell back into fifth behind Mavrakis.

Vander Veer quickly passed both Mavrakis and Keown for third with Mavrakis following in fourth. Johnson's lead evaporated as he slowed behind Bray and Byers running side-by-side. Johnson was right behind Bray on the inside when Byers advanced. Before Johnson could swing outside, Collins pounced on the groove, trapping Johnson behind Bray and took the lead.

Mavrakis tried to follow but Johnson beat him to it and passed Bray in second. The three leaders ran nose-to-tail as Vander Veer got trapped behind Byers. Mavrakis swung to the outside of Johnson, passed him for second, and set his sights on Collins.

He started to pass Collins on the outside when they again caught up to Portlock. Portlock went wide to let the leaders pass, but Mavrakis dove three-wide between Collins and Portlock and tangled with Portlock. This spun Portlock into the backstretch wall and eventually sent Mavrakis into the turn four wall for the only caution of the race.

Collins and Vander Veer led the restart. Collins took the inside lead and the top three ran nose-to-tail up to the white flag. Vander Veer made one last attempt to pass Collins on the outside coming out of turn four, but Collins slammed the door on him and finished first. Johnson came in third followed by Keown and Antonio. Mavrakis and Keown won the two trophy dashes, and Vander Veer his heat race.

Bombers

Ron Duke Jr. and Scott Sabol led the 14 car Bomber field to the start. Mike Carlson was slow on the outside and pushed the line back. Sabol took off with the lead. Shelby Helm and George Abella battled for second after passing Duke. Jimmy Sorrels was outside Duke in fourth followed by Roman Rose and Richard Bray.

Abella finally passed S. Helm for second, Sorrels passed Duke, and R. Rose followed into fifth. Bray got loose and fell back behind Danny Helm and Jon Waner. Andy Norton tried to take the inside line from Dylan Rose in turn four, they tangled on the frontstretch, and spun into turn one for a caution.

Sabol and Abella led the restart ahead of S. Helm and the lapped car of Tommy Nugent. After one false start, the slow Nugent pushed the outside line back. R. Rose dove inside him ahead of Duke, and D. Helm was pushed back behind Waner.

Sabol had the lead with S. Helm following inside Abella. Sorrels had fourth followed by R. Rose, Duke, and Waner. On the backstretch, something broke in D. Rose's car sending him into the turn three wall for another caution.

Sabol and Abella led the restart. Sabol took the lead as S. Helm and Abella ran side-by-side. R. Rose and Sorrels fought for fourth followed closely by Waner. Duke was very slow and was shuffled back.

Abella broke loose in turn one and recovered behind R. Rose followed by Sorrels and Waner. He swung outside R. Rose to take back his position and Waner, who had passed Sorrels, moved up inside him. The leaders started lapping cars on the inside which pushed Abella back to fall in behind Sorrels.

More cars were being lapped which stretched out the leaders as they slalomed their way through. At the checkers it was Sabol, followed by S. Helm, R. Rose, Waner, and Abella who beat out Sorrels by the width of a bumper. Abella and Sorrels won the two trophy dashes, R. Rose and Richard Bray the heat races, and D. Helm the B-Main.

Coming Up

During the weekend of October 20 & 21, Lakeport Speedway will host the annual premiere end-of-season racing blowout: The 18th Annual KXBX October Classic.

Jim Litke: Fines are fine, but suspension would have been better

By JIM LITKE
AP Sports Columnist

Any remaining doubts that Bill Belichick got off easy should have evaporated by the end of the first quarter.

It was New England 14, San Diego 0 at that point Sunday night and it was already apparent things were only going to get worse for the Chargers and the rest of the NFL from there on out.

"What it was, was a trap for us, really," San Diego running back LaDainian Tomlinson said shortly after the Patriots put the finishing touches on a 38-14 win.

What he meant is any coach worth his motivational salt, let alone a master manipulator like Belichick, would have no problem lighting a fire under his team after the events of last week. "Spygate" was bulletin-board material, all right, in block letters 4 feet high.

"So I wasn't surprised at all by how well they played," Tomlinson summed up.

Whether the same can be said for commissioner Roger Goodell is anyone's guess.

Like everyone else who follows football, Goodell must have known Belichick and the Patriots' organization were going all-in this season. After winning three Super Bowls in four years, then missing out on the past two, their plan was to win it all now. That's why owner Robert Kraft opened his wallet, trading for Randy Moss, signing three other receivers and handing Adalius Thomas $7 million a year.

So how much, really, did Goodell think he was going to accomplish by taking away a likely No. 1 draft pick next season (the Patriots have two), fining Belichick $500,000 and the franchise an additional $250,000?

Based on scant evidence, even the commissioner would have to conclude: not enough.

Belichick acknowledged as much, in his typically cryptic way.

"At times it was challenging," he said referring to his players, "but they stayed focused."

That was putting it mildly.

Tom Brady connected on 5-of-6 passes in the Pats' efficient opening drive, presumably without any help from New England's crack video staff. Moss wound up catching two touchdown passes and Thomas justified some of the hype that followed him to New England by intercepting an ill-advised pass from San Diego's Philip Rivers and returning it 65 yards for another score.

As the clock ticked off the final seconds, Brady, Moss and Thomas joined a long line of New England stalwarts congratulating Belichick like he was the father of the bride.

Perhaps the only thing more impressive than the game plan Belichick put together to stymie the Chargers was how thoroughly he masked his satisfaction afterward. When someone asked whether this had been one of his most difficult weeks as a coach, Belichick answered with a straight face, "The Chargers are a tough football team. They're not easy to prepare for."

Preparation is what Belichick does better than anyone else in the business, and if Goodell wanted to whack the Patriots, that's where he should have aimed his stick and suspended Belichick for a game or two.

If reports are true the coach recently signed a contract extension paying him in the $5 million range through 2013, the least effective punishment is hitting him in the wallet. The only way he gets the message is if it costs his team some games.

Just one loss could make the difference between the Patriots going on the road during the postseason or playing at home. A loss to the Chargers might have significantly altered the playoff picture, since they're expected to push the Patriots and Colts in the AFC title race despite early season scoring problems. Right now there seems to be little hope of slowing the Patriots, though "Spygate" may have legs. Whispers continue to circulate that New England defensive linemen may have been stealing opponents' radio signals ahead of the snap. That would explain league reports that the Patriots were using more radio frequencies against the Jets than league rules allow.

While noting the amount of the fines and likely penalizing New England a No. 1 draft pick were "unprecedented," Goodell also reserved the right to pile more punishment on the organization if additional information became available. He also said he expects full cooperation regarding some other materials he requested.

"I'm very confident the Patriots are going to abide by the rules," Goodell said in a pregame interview on NBC. "They understand that the consequences could increase."

Judging by their performance, Belichick and the Patriots don't seem too worried.

Jim Litke is a national sports columnist for The Associated Press. Write to him at jlitkeap.org

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In the Pits: Clint Bowyer

By JENNA FRYER
AP Auto Racing Writer

CHARLOTTE, N.C. — Clint Bowyer knew how strong his Chevrolet was after rolling through the first turn at New Hampshire International Speedway.

He led all but 88 of the 300 laps, and built a lead of more than six seconds, fully realizing the race was his to lose. And had Bowyer not coughed away a shot at a win just one week earlier, maybe he wouldn't have been so rattled as he closed in on his first Nextel Cup victory. But as the setting sun blinded his view of the checkered flag, and lapped cars continued to get in his way, Bowyer nearly came unglued. A car that had been flawless all day suddenly seemed sickly to him, and it was all his Richard Childress Racing team could do to calm the second-year driver.

"Stay focused," spotter Mike Dillon repeatedly coaxed. "You can do this. Just stay focused."

His nerves so shaky he admittedly felt sick to his stomach, Bowyer finally crossed the finish line for his first Nextel Cup victory. The win legitimized his place in the Chase for the championship, and turned the long shot into a credible contender.

He made the Chase as the only driver without a victory, and in 63 previous Cup races he'd never finished higher than third. And just one week earlier, he'd spun while trying to take the lead at Richmond.

So as he mingled with the other 11 drivers during their celebratory trip to New York last week, he couldn't help but feel a little out of place.

"Every time we get close, we'd make a mistake and just come up short," he said. "It's frustrating. But it is what it is. And they were right. We hadn't won a race. We were the only ones in the Chase that hadn't.

"Can't say that anymore."

Not after the humiliation Bowyer put on the field, easily beating Jeff Gordon and Tony Stewart to the finish line. They never came close to challenging him, and joked the only time they got near him was when he damaged his motor doing burnouts and had to abandon his disabled vehicle to walk to Victory Lane.

The win moved Bowyer from last in the Chase standings to fourth, just 15 points behind co-leaders Gordon and Jimmie Johnson. And he became the fourth first-time winner this season, joining Casey Mears, Martin Truex Jr. and Juan Pablo Montoya.

But Bowyer's victory was the most colorful. He nervously circled the track, awaiting some sort of catastrophe, and screamed over his radio about a myriad of issues — some of them invented. Teammate Kevin Harvick had to contact Dillon to urge Bowyer to slow down.

"When you're driving down the interstate in traffic and somebody cuts you off, you know you say something to yourself," he explained. "For me, it's so easy to reach over and hit that (radio) button. It's like the pop-off valve for me."

With 111 victories and six championships between them, Gordon and Stewart aren't normally affected quite like Bowyer was in the final laps. But no one is immune to nerves.

Stewart nearly came unraveled during his 2005 victory at Indianapolis, when he was unable to participate in late-race strategy. He barked at crew chief Greg Zipadelli to make a decision, saying he was too nervous to concentrate. So it was no surprise to either that Bowyer almost fell apart.

"You're just praying that everything's going to go right, especially when you have a day like he had," Stewart said. "You're so fearful that something that's out of your control is going to happen and take it away from you. It's not hard to start imaging things that are happening to your race car."

With the first victory out of the way, Bowyer now hopes to build momentum toward a championship. He remembers Truex's breakthrough win at Dover in June, which sparked a streak of four top-three finishes in four weeks. A run like that by Bowyer would certainly put him in contention for the title.

"That's exactly what this team needed," he said. "We need to get that cocky attitude. ... The elite teams have that, you know what I mean? They have confidence going into the weekend that they're going to run good.

Public to decide fate of Bonds' record ball

By MARCUS WOHLSEN
Associated Press Writer

SAN FRANCISCO — The fate of Barry Bonds' record-breaking home run ball is now in the public's hands after its buyer announced Monday he was taking votes on whether to give the ball to the Hall of Fame, brand it with an asterisk or blast it into space.

Fashion designer Marc Ecko revealed himself as Saturday's winning bidder in the online auction for the ball that Bonds hit last month to break Hank Aaron's record of 755 home runs. The final selling price for No. 756 was $752,467, well above most predictions.

Ecko had not even taken possession of the ball before setting up a Web site that lets visitors vote on which of the three outcomes they think the ball most deserves. He said he plans to announce the final tally after voting ends Sept. 25.

"I bought this baseball to democratize the debate over what to do with it," Ecko wrote on the Web site. "The idea that some of the best athletes in the country are forced to decide between being competitive and staying natural is troubling."

The 35-year-old Ecko is known for his pop culture pranks, including an infamous Internet video that showed him apparently infiltrating an airport tarmac and spray-painting graffiti on Air Force One. The incident turned out to be a hoax.

But the auction house that handled the sale confirmed that Ecko is indeed the ball's buyer.

"This transaction is happening and is going to be done by the end of the day," David Kohler, president of SCP Auctions, said Monday.

Kohler called Ecko's decision "brilliant" and said he had already visited the Web site and voted to send the ball to the National Baseball Hall of Fame in Cooperstown, N.Y.

Matt Murphy, a 21-year-old student and construction supervisor from New York, emerged from a scrum with the ball on Aug. 7. He decided to sell it, he said, because he couldn't afford the tax bill that would result from holding onto the ball.

"This either makes him a lunatic or a genius, one of those two," Murphy said when told of Ecko's stunt. "I'm leaning toward genius."

Murphy said he planned to vote to send the ball to Cooperstown.

Ecko himself said he voted to brand the ball with an asterisk, a reference to the belief of some Bonds detractors that the Giants slugger's record is tainted by his alleged use of performance-enhancing substances. Bonds has denied knowingly using performance-enhancing drugs.

Ecko said what really interests him is seeing what happens when an "American Idol" approach comes together with a serious public debate over drugs in sports.

"My vote really doesn't matter," said Ecko, who identifies himself as a New York Yankees fan. "The American public will tell us what to do with it."

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On the Web: Vote 756, http://www.vote756.com

SCOREBOARD

MAJOR LEAGUE BASEBALL

At A Glance
By The Associated Press
All Times EDT

NATIONAL LEAGUE

At A Glance
By The Associated Press
All Times EDT

East Division

	W	L	Pct	GB
New York	83	65	.561	—
Philadelphia	80	69	.537	3 1/2
Atlanta	76	73	.510	7 1/2
Washington	66	83	.443	17 1/2
Florida	65	84	.436	18 1/2

Central Division

	W	L	Pct	GB
Chicago	78	72	.520	—
Milwaukee	76	72	.514	1
St. Louis	70	78	.473	7
Cincinnati	68	81	.456	9 1/2
Pittsburgh	66	83	.443	11 1/2
Houston	65	84	.436	12 1/2

West Division

	W	L	Pct	GB
Arizona	84	66	.560	—
San Diego	81	67	.547	2
Los Angeles	79	70	.530	4 1/2
Colorado	77	72	.517	6 1/2
San Francisco	66	83	.443	17 1/2

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Sunday's Games
Philadelphia 10, N.Y. Mets 6
Atlanta 3, Washington 0
Milwaukee 5, Cincinnati 2
Houston 15, Pittsburgh 3
Chicago Cubs 4, St. Louis 2
Colorado 13, Florida 0
San Diego 5, San Francisco 1
Arizona 6, L.A. Dodgers 1
Monday's Games
Florida at Atlanta, 7:05 p.m.
N.Y. Mets at Washington, 7:05 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Milwaukee at Houston, 8:05 p.m.
Philadelphia at St. Louis, 8:10 p.m.
San Francisco at Arizona, 9:40 p.m.
Pittsburgh at San Diego, 10:05 p.m.
Tuesday's Games
L.A. Dodgers (Wells 8-8) at Colorado (Redman 1-4), 3:05 p.m., 1st game
N.Y. Mets (Maine 14-9) at Washington (Hanrahan 4-3), 7:05 p.m.
Florida (Seddon 0-0) at Atlanta (Reyes 0-2), 7:35 p.m.
Cincinnati (Harang 15-4) at Chicago Cubs (Zambrano 16-12), 8:05 p.m.
Milwaukee (Sheets 12-5) at Houston (Paulino 0-0), 8:05 p.m.
Philadelphia (Hamels 14-5) at St. Louis (K.Wells 6-17), 8:10 p.m.
L.A. Dodgers (Billingsley 11-4) at Colorado (Francis 15-8), 8:35 p.m., 2nd game
San Francisco (Sanchez 1-4) at Arizona (Owings 6-8), 9:40 p.m.
Pittsburgh (Gorzelanny 14-7) at San Diego (Maddux 12-10), 10:05 p.m.
Wednesday's Games
N.Y. Mets at Washington, 7:05 p.m.
Florida at Atlanta, 7:35 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Milwaukee at Houston, 8:05 p.m.
Philadelphia at St. Louis, 8:10 p.m.
L.A. Dodgers at Colorado, 8:35 p.m.
San Francisco at Arizona, 9:40 p.m.
Pittsburgh at San Diego, 10:05 p.m.

AMERICAN LEAGUE

At A Glance
By The Associated Press
All Times EDT

East Division

	W	L	Pct	GB
Boston	90	60	.600	—
New York	85	64	.570	4 1/2
Toronto	74	75	.497	15 1/2
Baltimore	64	84	.432	25
Tampa Bay	63	87	.420	27

Central Division

	W	L	Pct	GB
Cleveland	87	62	.584	—
Detroit	83	67	.553	4 1/2
Minnesota	72	77	.483	15
Kansas City	64	84	.432	22 1/2
Chicago	64	85	.430	23

West Division

	W	L	Pct	GB
Los Angeles	87	62	.584	—
Seattle	78	70	.527	8 1/2
Oakland	74	77	.490	14
Texas	70	79	.470	17

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Sunday's Games
Kansas City 4, Cleveland 3
Baltimore 8, Toronto 6, 12 innings
Chicago White Sox 9, L.A. Angels 7
Detroit 6, Minnesota 4
Texas 11, Oakland 9
Tampa Bay 9, Seattle 2
N.Y. Yankees 4, Boston 3
Monday's Games
Detroit at Cleveland, 7:05 p.m.
Baltimore at N.Y. Yankees, 7:05 p.m.
Boston at Toronto, 7:07 p.m.
Texas at Minnesota, 8:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Seattle at Oakland, 10:05 p.m.
Tampa Bay at L.A. Angels, 10:05 p.m.
Tuesday's Games
Detroit (Verlander 17-5) at Cleveland (Westbrook 5-9), 7:05 p.m.
Baltimore (Leicester 2-1) at N.Y. Yankees (Mussina 9-10), 7:05 p.m.
Boston (Lester 4-0) at Toronto (Burnett 8-7), 7:07 p.m.
Texas (Millwood 9-12) at Minnesota (Silva 11-14), 8:10 p.m.
Chicago White Sox (G.Floyd 1-3) at Kansas City (Meche 8-12), 8:10 p.m.
Seattle (Weaver 6-12) at Oakland (Gaudin 11-11), 10:05 p.m.
Tampa Bay (Hammel 2-4) at L.A. Angels (Lackey 16-9), 10:05 p.m.
Wednesday's Games
Detroit at Cleveland, 12:05 p.m.
Seattle at Oakland, 3:35 p.m.
Tampa Bay at L.A. Angels, 3:35 p.m.
Baltimore at N.Y. Yankees, 7:05 p.m.
Boston at Toronto, 7:07 p.m.
Texas at Minnesota, 8:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.

MAJOR LEAGUE SOCCER

At A Glance
By The Associated Press
All Times EDT

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-D.C. United	15	6	4	49	48	28
x-New England	13	6	6	45	43	34
New York	11	10	4	37	39	37
Kansas City	10	9	6	36	40	39
Chicago	8	10	6	30	25	32
Columbus	6	9	10	28	29	34
Toronto FC	5	13	6	21	18	37

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Houston	13	7	6	45	38	21
CD Chivas USA	13	6	5	44	39	22
FC Dallas	12	9	3	39	32	35
Colorado	7	10	8	29	26	30
Real Salt Lake	4	13	7	19	23	37
Los Angeles	4	13	5	17	26	40

x-clinched playoff spot
NOTE: Three points for victory, one point for tie.

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Wednesday's Game
D.C. United 2, Real Salt Lake 1
Thursday's Game
CD Chivas USA 3, Los Angeles 0
Saturday's Games
Real Salt Lake 0, Toronto FC 0, tie
New England 4, FC Dallas 2
Kansas City 3, Columbus 2
New York 2, Chicago 2, tie
Sunday's Games
CD Chivas USA 1, Colorado 1, tie
Houston 3, Los Angeles 1
Wednesday, Sept. 19
Los Angeles at Real Salt Lake, 9 p.m.
Thursday, Sept. 20
Chicago at FC Dallas, 8 p.m.
Saturday, Sept. 22
Columbus at Toronto FC, 3:30 p.m.
New England at New York, 7:30 p.m.
Colorado at Real Salt Lake, 9:30 p.m.
Kansas City at CD Chivas USA, 10:30 p.m.
Sunday, Sept. 23
D.C. United at Chicago, 3 p.m.
FC Dallas at Los Angeles, 8 p.m.

NATIONAL FOOTBALL LEAGUE

At A Glance
By The Associated Press
All Times EDT

AMERICAN CONFERENCE

East

	W	L	T	Pct	PF	PA
New England	2	0	0	1.000	76	28
Buffalo	0	2	0	.000	17	41
Miami	0	2	0	.000	33	53
N.Y. Jets	0	2	0	.000	27	58

South

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	54	24
Indianapolis	2	0	0	1.000	63	30
Jacksonville	1	1	0	.500	23	20
Tennessee	1	1	0	.500	33	32

North

	W	L	T	Pct	PF	PA
Pittsburgh	2	0	0	1.000	60	10
Baltimore	1	1	0	.500	40	40
Cincinnati	1	1	0	.500	72	71
Cleveland	1	1	0	.500	58	79

West

	W	L	T	Pct	PF	PA
Denver	2	0	0	1.000	38	34
San Diego	1	1	0	.500	28	41
Kansas City	0	2	0	.000	13	40
Oakland	0	2	0	.000	41	59

NATIONAL CONFERENCE

East

	W	L	T	Pct	PF	PA
Dallas	2	0	0	1.000	82	55
Washington	1	0	0	1.000	16	13
Philadelphia	0	1	0	.000	13	16
N.Y. Giants	0	2	0	.000	48	80

South

	W	L	T	Pct	PF	PA
Carolina	1	1	0	.500	48	47
Tampa Bay	1	1	0	.500	37	34
Atlanta	0	2	0	.000	10	37
New Orleans	0	2	0	.000	24	72

North

	W	L	T	Pct	PF	PA
Detroit	2	0	0	1.000	56	38
Green Bay	2	0	0	1.000	51	26
Chicago	1	1	0	.500	23	24
Minnesota	1	1	0	.500	41	23

West

	W	L	T	Pct	PF	PA
San Francisco	2	0	0	1.000	37	33
Arizona	1	1	0	.500	40	40
Seattle	1	1	0	.500	40	29
St. Louis	0	2	0	.000	29	44

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Sunday's Games
Pittsburgh 26, Buffalo 3
Indianapolis 22, Tennessee 20
Green Bay 35, N.Y. Giants 13
Houston 34, Carolina 21
San Francisco 17, St. Louis 16
Cleveland 51, Cincinnati 45
Tampa Bay 31, New Orleans 14
Jacksonville 13, Atlanta 7
Dallas 37, Miami 20
Detroit 20, Minnesota 17, OT
Arizona 23, Seattle 20
Chicago 20, Kansas City 10
Baltimore 20, N.Y. Jets 13
Denver 23, Oakland 20, OT
New England 38, San Diego 14
Monday's Game
Washington at Philadelphia, 8:30 p.m.
Sunday, Sept. 23
Miami at N.Y. Jets, 1 p.m.
Arizona at Baltimore, 1 p.m.
San Diego at Green Bay, 1 p.m.
Buffalo at New England, 1 p.m.
Indianapolis at Houston, 1 p.m.
Minnesota at Kansas City, 1 p.m.
San Francisco at Pittsburgh, 1 p.m.
St. Louis at Tampa Bay, 1 p.m.
Detroit at Philadelphia, 1 p.m.
Cleveland at Oakland, 4:05 p.m.
Cincinnati at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
Carolina at Atlanta, 4:15 p.m.
N.Y. Giants at Washington, 4:15 p.m.
Dallas at Chicago, 8:15 p.m.
Monday, Sept. 24
Tennessee at New Orleans, 8:30 p.m.

NATIONAL HOCKEY LEAGUE

At A Glance
By The Associated Press
All Times EDT

EASTERN CONFERENCE

Atlantic Division

	W	L	OT	Pts	GF	GA
New Jersey	0	0	0	0	0	0
N.Y. Islanders	0	0	0	0	0	0
N.Y. Rangers	0	0	0	0	0	0
Philadelphia	0	0	0	0	0	0
Pittsburgh	0	0	0	0	0	0

Northeast Division

	W	L	OT	Pts	GF	GA
Boston	0	0	0	0	0	0
Buffalo	0	0	0	0	0	0
Montreal	0	0	0	0	0	0
Ottawa	0	0	0	0	0	0
Toronto	0	0	0	0	0	0

Southeast Division

	W	L	OT	Pts	GF	GA
Atlanta	1	0	0	2	3	1
Carolina	1	0	0	2	4	3
Florida	1	0	0	2	3	0
Washington	0	0	1	1	3	4
Tampa Bay	0	0	0	0	0	0

WESTERN CONFERENCE

Central Division

	W	L	OT	Pts	GF	GA
Nashville	1	0	0	2	3	1
Chicago	0	0	0	0	0	0
Detroit	0	0	0	0	0	0
Columbus	0	1	0	0	1	3
St. Louis	0	1	0	0	1	3

Northwest Division

	W	L	OT	Pts	GF	GA
Colorado	0	0	0	0	0	0
Edmonton	0	0	0	0	0	0
Minnesota	0	0	0	0	0	0
Vancouver	0	0	0	0	0	0
Calgary	0	1	0	0	0	3

Pacific Division

	W	L	OT	Pts	GF	GA
Anaheim	1	1	1	3	8	9
Phoenix	1	0	0	2	2	1
Los Angeles	1	1	0	2	7	7
Dallas	0	0	0	0	0	0
San Jose	0	0	0	0	0	0

Two points for a win, one point for overtime loss or shootout loss.

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Thursday's Game
Los Angeles 5, Anaheim 4
Saturday's Game
Anaheim 3, Los Angeles 2
Sunday's Games
Carolina 4, Washington 3, OT
Nashville 3, Columbus 1
Atlanta 3, St. Louis 1
Florida 3, Calgary 0
Phoenix 2, Anaheim 1, SO
Monday's Games
Philadelphia vs. New Jersey at Trenton, N.J., 7 p.m.
Atlanta vs. N.Y. Islanders at North Bay, Ontario, 7 p.m.
Pittsburgh at Montreal, 7:30 p.m.
Florida at Edmonton, 9 p.m.
Colorado at Phoenix, 10 p.m.
Anaheim at Vancouver, 10 p.m.

SOLHEIM CUP RESULTS

By The Associated Press
At Halmstad Golf Club, North Course
Halmstad, Sweden
Yardage: 6,635; Par: 72

Sunday
UNITED STATES 16, EUROPE 12
Best Ball (Completion of matches suspended Saturday)
Europe 3, United States 1
Paula Creamer and Brittany Lincicome, United States, halved with Linda Wessberg and Maria Hjorth, Europe.
Juli Inkster and Stacy Prammanasudh, United States, halved with Trish Johnson and Iben Tinning, Europe.
Becky Brewerton and Laura Davies, Europe, def. Natalie Gulbis and Nicole Castrale, United States, 2-up.
Annika Sorenstam and Suzann Pettersen, Europe, def. Cristie Kerr and Morgan Pressel, United States, 3 and 2.

Singles
United States 8 1/4, Europe 3 1/2
Catriona Matthew, Europe, def. Laura Diaz, United States, 3 and 2.
Pat Hurst, United States, def. Sophie Gustafson, Europe, 2 and 1.
Stacy Prammanasudh, United States, def. Suzann Pettersen, Europe, 2-up.
Juli Inkster, United States, def. Iben Tinning, Europe, 4 and 3.
Sherri Steinhauer, United States, halved with Becky Brewerton, Europe.
Angela Stanford, United States, def. Trish Johnson, Europe, 3 and 2.
Morgan Pressel, United States, def. Annika Sorenstam, Europe, 2 and 1.
Laura Davies, Europe, def. Brittany Lincicome, United States, 4 and 3.
Nicole Castrale, United States, def. Bettina Hauert, Europe, 3 and 2.
Paula Creamer, United States, def. Maria Hjorth, Europe, 2 and 1.
Linda Wessberg, Europe, def. Cristie Kerr, United States, 1-up.
Natalie Gulbis, United States, def. Gwladys Nocera, Europe, 4 and 3.



HEALTH BRIEFS

Community HealthCorps Program seeks applicants for new program cycle

The Community HealthCorps of Northern California is still accepting applications to serve in local community health centers (including health centers in Ukiah, Potter Valley, Gualala, Fort Bragg, Laytonville, Willits and Boonville) in the areas of health education, outreach and patient advocacy. The mission of the HealthCorps Program (a division of the national AmeriCorps Program) is to engage community members in service with the goal of improving access to comprehensive, affordable and culturally appropriate health care.

The program is an opportunity for community members to gain professional skills and to make a positive impact on the health and well-being of their communities. In exchange for 1700 hours of their service to the community, HealthCorps Members receive a modest living allowance of $10,900, an education award of $4,725, health insurance, child care benefits, training in community health issues, and opportunities for professional and personal development. The next program cycle begins in September. For more information about the program, or to download an application, visit http://www.ruralcommunityhealth.org, E-mail Nancy Eachus, Program Coordinator, at neachus@ruralcommunityhealth.org, or call Nancy at 462-1477 ext. 102.

Freedom from Smoking class set to start Oct. 10

The Public Health Branch of the Mendocino County Health and Human Services Agency will facilitate the American Lung Association's six week Freedom from Smoking class, sponsored by the Howard Foundation. the classes will meet once a week, beginning Wednesday, Oct. 10, and running through Nov. 14 from 5:30 p.m. to 7 p.m. The classes will be held in the Howard Memorial Hospital conference room in Willits. For more information, contact Jennifer Barrett at 456-3807.

Warm Line open weekend evenings for county residents

An opportunity for people who need emotional support is now available as near as the closest phone on weekend evenings. Thanks to peer volunteers trained to provide support for emotional and mental health recovery, a new county-wide Warm Line is now available Friday and Saturday evenings from 6 p.m. to 10 p.m.

Expressly not a hot line or a crisis line, the new Warm Line is part of a larger Mental Health Services Act funded project to develop mental health peer support projects and opportunities in Mendocino County. The Crisis Line is accessed by calling 463-HELP in Ukiah, 964-HELP in Fort Bragg and 459-HELP in Willits, or calling 800-575-HELP (4357).

Better Breathers Club to meet in Ukiah on Wednesdays

The American Lung Association invites persons who have been diagnosed with emphysema, chronic bronchitis, have breathing difficulties, are looking for more information on chronic lung disease, or are looking for support on how to live better with lung disease to join their Better Breathers Club program, on Wednesdays, in conference room 161 at the Public Health Department, 1120 S. Dora St., 1:30 to 2:30 p.m.

For more information, or to speak to a respiratory therapist, call 1-800-LUNG-USA, or visit the Web site http://www.lungusa.org.

Weight Loss Surgery and Information Group meeting first Friday every month

A Weight Loss Surgery Support and Information Group is meeting, free and open to the public. It is a support group for Gastric Reduction Duodenal Switch and other weight loss surgeries, sponsored by Central Valley Bariatrics. The group meets on the first Friday of the month, at 6 p.m., in Bartlett Hall, Ukiah Senior Center, 495 Leslie St., Ukiah. For more information, E-mail kathlyn@pacific.net.

Cancer Resource Centers offer free services

People living with cancer, their friends and their families are invited to call or visit the Mendocino office of the Cancer Resource Centers of Mendocino County for free supportive services including a library of cancer-related books, tapes and magazines available for check-out, a support group for people diagnosed with cancer, cancer-care telephone workshops, accompaniment to medical appointments, and support from our patient navigators. They have offices located on the coast and in Ukiah. The coast office is open Monday through Thursday 9 a.m. to 4 p.m. and Friday by appointment at 45040 Calpella St. in the village of Mendocino, or call 937-37833. The Ukiah office is open Monday through Friday 9 a.m. to 5 p.m. at 590 S. Dora St. in Ukiah, and can be reached by phone at 467-3828. CRCMC is a nonprofit organization funded through local donations, events and grants.

A Healing Cooperative offering support/counseling

A Healing Cooperative, a local non-profit, is offering the following mental health-focused services: a support center, open Monday to Friday, 11 a.m. to 3 p.m.; art classes, Mondays, Thursdays, and Fridays, 1 to 3 p.m.; Writing for Self Discovery, Tuesdays, at 11 a.m.; Men's and Women's support groups, Tuesdays at noon; Movin' On, a dual diagnosis support group, Wednesdays at 2 p.m.

These activities take place at 270 N. Pine St., at the Ukiah United Methodist Church. For more information, contact them at 462-3360, or visit their web site www.ukiahumc.org/ahc.

Ukiah Senior Center Lunch Menu

Monday - Friday, Serving at 11:30 a.m.
Reservations required by 7 a.m.
Members $5, non-members $6
Food by Zacks, public welcome
462-9256

Tuesday Sept. 18	Wednesday Sept. 19	Thursday Sept. 20	Friday Sept. 21	Monday Sept. 24
Hot dogs Potato salad Chili beans Buns Dessert	Annie B's serving at noon Beef burgundy over penne pasta & vegetables Autumn apple & spinach salad w/ bleu cheese Rice pudding Fresh bread	Corned beef Cabbage Rolls Dessert	Baked breast of chicken Mashed potatoes Gravy Vegetable Roll Dessert	Pork chops Scalloped potatoes Green beans Roll Dessert

Cancer society launches ads for health reform

By MIKE STOBBE
AP Medical Writer

ATLANTA -- The American Cancer Society this week will take its biggest step ever into the politics of health care reform, spending $15 million in advertising on behalf of Americans with too little health insurance or none at all.

The cancer society -- the nation's richest health charity, in both donations and volunteers -- traditionally focuses its advertising on encouraging Americans to quit smoking or get a screening test.

But this year's campaign will feature television commercials that portray the challenges of uninsured and underinsured cancer patients, accompanied by a call for people to do something about it.

The change comes after cancer society officials concluded that insurance-related problems have emerged as one of the one of the largest obstacles in their goal to cut cancer death rates by 50 percent and incidence rates by 25 percent from 1990 to 2015.

"We're not going to meet our goals if the health care system remains unfixed," said John Seffrin, the cancer society's chief executive.

Starting Monday, three commercials on network and cable channels will run until Thanksgiving. Ads will be placed in magazines and on Web sites as well.

The cancer society is not endorsing any particular reform plan or candidate. Even so, it's an unusually pointed campaign for the philanthropy, and for organizations like it.

The American Heart Association's chief executive, M. Cass Wheeler, envied the group's resources and applauded their new campaign.

"Heart and stroke patients are going to benefit from the good this advertising campaign is going to do," Wheeler said. His organization spends $10 million each year on advertising, and focuses it on exercise and other prevention measures for patients.

The Atlanta-based cancer society, with 2006 revenues of $1 billion, has been stepping up its political activity in recent years.

In 2001, it formed a sister organization, the American Cancer Society Cancer Action Network (ASC CAN), to lobby and work on government health policy. The Cancer Action Network pushed for legislation that would give the U.S. Food and Drug Administration the power to regulate tobacco, and last year fought a bill that would have enabled small businesses to form health insurance pools across state lines without guaranteeing coverage of certain cancer tests.

Now it's putting together petitions and voter's guides, organizing political forums and rallies, and in May will begin a nationwide bus tour promoting health care reform.

Despite the fact that many cancer patients are 65 and older and are covered by the federal Medicare program, cancer society officials estimate that at least 55,000 of the 1.4 million people diagnosed with cancer each year have no health insurance.

Hundreds of thousands of others have coverage but end up financially distressed by uncovered bills, they say.

Inadequate coverage is a major impediment to cancer patients getting the medical care they need. Studies show that women with health insurance get annual mammograms at twice the rate as women who don't, and cancer death rates are higher for people without coverage.

Sports Attic Bar & Grill
NEW SPECIALS
Monday: Chef Salad - $5.99
TUESDAY & FRIDAY
3-pc Chicken & Draft Beer - $4.99
Served From 11:00 a.m. - 11:00 p.m.
Broaster® Chicken
108 WEST STANDLEY STREET • UKIAH • 463-1706



Your signature is worth a higher interest rate CD.
5.05% APY*
4-month term.
$10,000 minimum balance
Open your 4-month CD with a linked personal checking account, and you not only enjoy a higher return, you also qualify for the special benefits of Signature Banking.℠
Learn more about Signature Banking at unionbank.com/signature.
Invest in you®
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AAUW begins new season tonight with salad buffet

By KATARZYNA ROLZINSKI
Special for the Journal

The American Association of University Women Ukiah Branch will launch its 2007-2008 season with the first meeting tonight, at 5:30 p.m. at Grace Lutheran Church. This will be a salad buffet dinner meeting co-hosted and prepared by past presidents.

The program will feature reports from Mendocino College students who received scholarships from the AAUW-Ukiah and Thalia Munoz and Epitha Evangelatos, Pomolita Middle School students, who were awarded the opportunity to participate in the intensive Tech Trek math and science week at Stanford University.

New and returning officers and chairs were installed at a dinner meeting. They are: President, Evelyn Broaddus; President-Elect, Joan Borecky; Vice President-Programs and Publicity, Dr. Katarzyna Rolzinski; Vice President-Membership, Pat Spencer; Vice President Education Fund and Legal Advocacy Fund, Joanne Brennan; Treasurer, Barbara Bristol; Secretary, Linda McDonald; Public Policy, Val Muchowski; Scholarships, Joan Eriksen; Accolades, Beverley Spence; Tech Trek, Marie Pera; Women's History, Arleen Shippey; College Relations, Kathy Lehner; Newsletter, Cherie Alton and Sandra Spencer; and Yearbook, Marie Behnke.



Planning activities for the coming year are, from left: Barbara Bristol; Katarzyna Rolzinski; Marie Pera; Linda McDonald; Pat Spencer; and Evelyn Broaddus.

The Ukiah Branch of AAUW, founded in 1951, is proud of its local yearly achievements, which include Accolades Awards for high school students, college scholarships for Mendocino College students. Ukiah-AAUW has been pleased to participate in the Tech Trek Program, now in its 10th year, which provides a week-long intensive, "hands-on" science and math program at colleges and universities nationwide for middle school students, Also, in collaboration with other women's organizations, AAUW-Ukiah co-sponsors the annual Women's History Gala and Candidate's Nights.

Tuesday's meeting will also be an occasion for new and continuing members to be updated about the activities planned for the coming year and to sign up for interest groups: American Indians of Mendocino County, gourmet dinners, bridge, book exchange, play reading, book club, and a book-study group to complement each program which also includes ethnic potluck dinners and occasional films. A holiday-fund raiser party is also being planned with the confirmed entertainment, the "And Who Sisters," coming back by popular request.

For its 2007-2008 program year, AAUW Ukiah-Branch is continuing to highlight the theme, Expanding Diversity, Understanding Cultures and Thinking Enrichment. Local women from other countries and cultures will be featured to share their personal background stories. Confirmed speakers include: local British and Polish women, a local physician with 18 years medical experience in various African countries, and international exchange students attending Ukiah High School. Also scheduled for the coming year will be programs featuring the local culture of women in the media and recent approaches and resources for women with breast cancer.

The public is invited to attend the AAUW-Ukiah monthly meetings on the second Tuesday of each month at 7 p.m. at the Pomolita School Library, 740 N. Spring St. The programs will follow short business meetings and from 8:30 to 9 p.m. there will be refreshments and socializing opportunities to meet with the speakers.

AAUW-Ukiah invites new members who are graduates of educational institutions that offer recognized associate, baccalaureate, or higher degrees. AAUW values and seeks a diverse membership with no barriers on the basis of gender, race, creed, age, sexual orientation, national origin, disability, or class. Guests are encouraged to attend AAUW-Ukiah events. For more information regarding membership contact Pat Spencer at 462-0758 or for any questions about programs, call Katarzyna Rolzinski at 468-9003.

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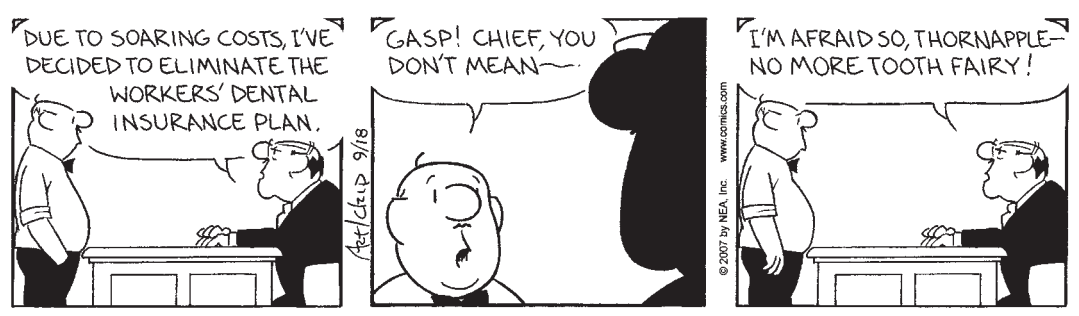
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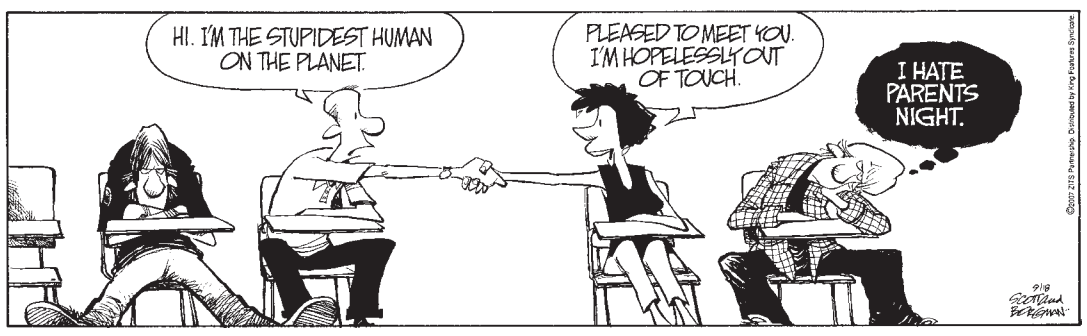
PEANUTS by Charles M. Schulz



THE BORN LOSER by Art and Chip Sansom



ZITS by Jerry Scott and Jim Borgman



BLONDIE by Dean Young and Jim Raymond



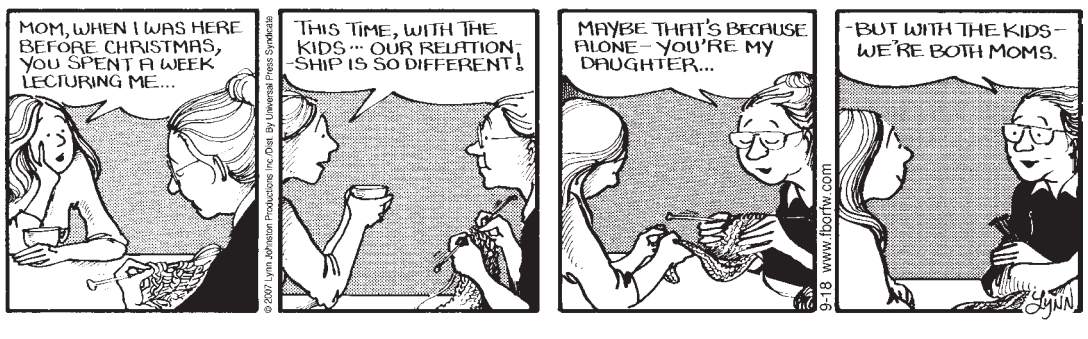
DILBERT by Scott Adams



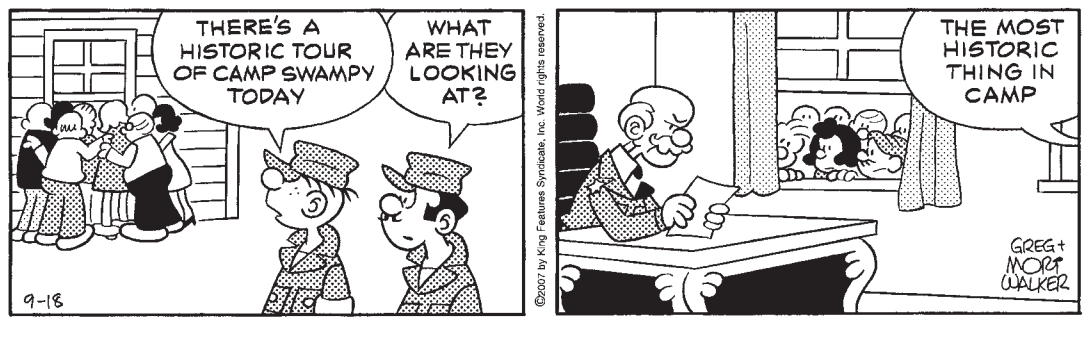
FRANK AND ERNEST by Bob Thaves



FOR BETTER OR FOR WORSE by Lynn Johnson



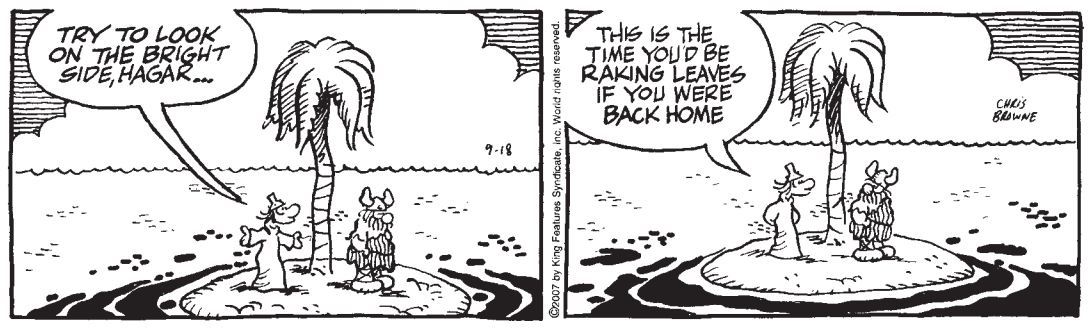
BEETLE BAILEY by Mort Walker



DOONESBURY by Gary Trudeau



HAGAR THE HORRIBLE by Dik Browne



Datebook: Tuesday, Sept. 18, 2007

Today is the 261st day of 2007 and the 90th day of summer.

TODAY'S HISTORY: In 1850, Congress passed the Fugitive Slave Act, which allowed slave owners to reclaim slaves who had escaped to free states.

In 1851, The New York Daily Times, which later dropped the "Daily" from its name, began publication.

In 1947, under National Security Act reorganization, the Air Force became a separate branch of the U.S. military.

TODAY'S BIRTHDAYS: Samuel Johnson (1709-1784), writer/lexicographer; Greta Garbo (1905-1990), actress; Agnes DeMille (1905-1993), dancer/choreographer; Jack Warden (1920-2006), actor; Robert Blake (1933-), actor, is 74; Frankie Avalon (1939-), singer, is 68; Ryne Sandburg (1959-), baseball player, is 48; James Gandolfini (1961-), actor, is 46; Lance Armstrong (1971-), cyclist, is 36.

TODAY'S SPORTS: In 1999, Sammy Sosa became the first Major League player to hit more than 60 home runs in a season twice.

TODAY'S QUOTE: "No man but a blockhead ever wrote, except for money." -- Samuel Johnson

TODAY'S FACT: The National Security Act of 1947 united military cabinet posts, and the departments they oversaw, into one (Defense).

TODAY'S MOON: Between new moon (Sept. 11) and first quarter (Sept. 19).



ASTROGRAPH

By Bernice Bede Osol

Your Birthday

Wednesday, Sept. 19, 2007

A busier-than-usual social calendar could be in the offing. Although it will satisfy your recreational needs and feelings of acceptance, don't let it interfere with your responsibilities to your work or family.

VIRGO (Aug. 23-Sept. 22) -- If you find yourself involved with self-serving individuals, find a way to disengage yourself from their presence. You are not likely to find any reasonable compromises among them.

LIBRA (Sept. 23-Oct. 23) -- It could be one of those days when everyone who promised they'd be there for you is likely to let you down. Be prepared to go it alone, no matter what the cause.

SCORPIO (Oct. 24-Nov. 22) -- Even if asked, be particularly careful about giving any kind of advice because, although your intentions may be good, your suggestions could be way off track. Plead ignorance.

SAGITTARIUS (Nov. 23-Dec. 21) -- This is not an especially good day to make any major decisions, so if possible, postpone all finalization on matters of importance. Give things more time to work themselves out congenially.

CAPRICORN (Dec. 22-Jan. 19) -- There are days when you can be a bit of a faultfinder, and today may be one of them. If you insist on seeing the negative side of things, you'll have no trouble finding confrontation.

AQUARIUS (Jan. 20-Feb. 19) -- A deal that has profitable potential could be soured if you attempt to get cute in your business dealings. Keep everything on the up-and-up and treat others as fairly as possible.

PISCES (Feb. 20-March 20) -- You're not one who likes to be put in the middle of a delicate matter between two people you like. Yet that's exactly what might happen. Defend your position as diplomatically as you can.

ARIES (March 21-April 19) -- Be more careful than usual in your dealings with those you become involved with in some important affairs. You could be held accountable for their mistakes and/or foul play.

TAURUS (April 20-May 20) -- It is wise to never take anything for granted concerning both your social and work-related affairs. This rule could be exceptionally important to follow. Don't get caught off guard.

GEMINI (May 21-June 20) -- Clever talk, a lot of PR or glad-handing won't do much for you. Only good old-fashioned hard work and dedication will win you the accolades and acclaim you're seeking.

CANCER (June 21-July 22) -- As always, consideration and tactfulness will gain you respect and the assistance of those who labor at your side. So if this is what you're looking for, treat co-workers as friends -- not servants.

LEO (July 23-Aug. 22) -- What serves your best interests doesn't necessarily serve the interests of others, so take that into consideration when you're dealing with people. Everyone may be protecting his or her turf.

Know where to look for romance and you'll find it. Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Send for yours by mailing $3 to Matchmaker, c/o this newspaper, P.O. Box 167, Wickliffe, OH 44092-0167.



TIME OUT

Editor: Chris McCartney, 468-3524 The Ukiah Daily Journal udj@pacific.net

Puzzlers

ACROSS

1 Set an upper limit
4 Avg. size
7 Does yard work
11 Small music maker
12 Ice skater's leap
14 Olden times
15 Put down, slangily
16 Arizona river
17 Scintilla
18 Busybodies
20 Lifts, as morale
22 Ingenuity
23 Blow it
24 Vogue
27 Feather an arrow
30 Toolshed items
31 Dairy-case buy
32 Pub pint
34 Carrying current
35 Battery chemical
36 Jam-pack
37 Fate
39 Overfeeds
40 Catch cold
41 Word of inquiry
42 Fake
45 Good look
49 Milk, to Yves
50 Decorated tinware
52 Orangutan
53 Very mean person
54 Soap bubbles
55 Give — — whirl
56 Pigskin props
57 Ego ending
58 Dowser's tool

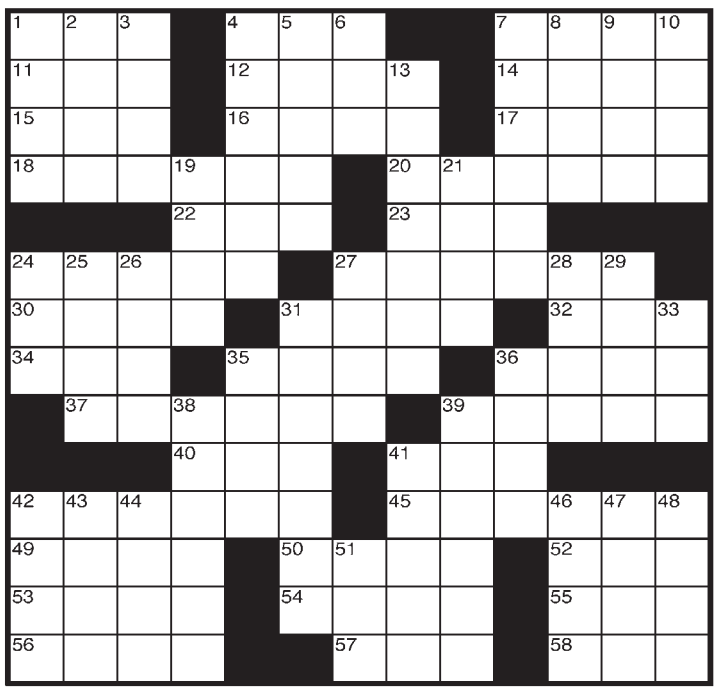
DOWN

1 Cows chew them
2 Similar
3 Mexic an dollar
4 Hoarder
5 Be real
6 Tierra — Fuego
7 Good grief! (2 wds.)
8 Appreciative sighs
9 Judicial order
10 Congeals
13 Tagged
19 They give a hoot
21 Hydrox rival
24 Pipe down!
25 Stole
26 Hairy humanoid
27 Move like a butterfly
28 Horse's stride
29 La femme
31 Spotted wildcat
33 Chicago trains
35 In the thick of
36 Dunaway or Emerson
38 Cooks in butter
39 Least sociable
41 Solders
42 Author's need
43 Philosopher
44 Gael republic
46 Livestock show
47 — — speed
48 Heavy metal
51 Yes, to Yvette

Answer to Previous Puzzle

S	A	C	■	■	E	C	H	O	■	U	T	A
I	C	O	N	■	L	U	A	U	■	N	A	G
G	R	O	O	V	I	E	S	T	■	I	R	A
N	E	S	T	E	D	■	■	L	U	X	O	R
■	■	■	A	T	E	■	L	A	G	■	■	■
B	L	U	R	S	■	S	A	S	H	A	Y	■
A	I	R	Y	■	F	A	C	T	■	Y	A	P
R	E	S	■	B	I	L	K	■	A	L	M	A
■	N	A	T	U	R	E	■	T	R	A	S	H
■	■	■	E	S	S	■	R	I	B	■	■	■
J	A	U	N	T	■	■	A	M	O	E	B	A
A	L	L	■	L	O	T	T	E	R	I	E	S
I	O	N	■	E	R	I	E	■	S	N	A	P
L	E	A	■	D	E	N	S	■	■	E	D	S

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9-18

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THE LEARNING CHALLENGER

by Robert Barnett

DIRECTIONS:

A. Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each ADD to numbers inside thick lined cells.

B. Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.

C. After you have solved the "Order Grid" doing as direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

CHAOS GRID

5 I	14 G	9 I	15 C
8 F	10 E	9 L	15 O
12 D	7 &	8 I	6 P
9 P	8 F	10 N	7 S

CLUE: PENALTIES

ORDER GRID

				38
				38
		10 N		38
	15 O		8 F	38
7 S				38
38	38	38	38	38

9/18/2007

DECODED MESSAGE:

ANSWERS IN NEXT EDITION

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Answers to Previous *Learning Challenger*

ONE U. S. BATTLEFIELD

-2 O	31 N	36 E	-9 U
-10 S	37 B	38 A	-9 T
35 T	-6 L	-13 E	40 F
33 I	-6 E	-5 L	34 D

9/17/2007

Run in papers of Tuesday, Sept. 18, 2007

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: A equals F

"K D I Y D G O Z Y U X D ' L F Y D A J X G H H Y G X D ' L M G K E E I J D H G M X L K D H L Z G X U L J K L U Y D." - G H O K M H M. C J M M Y O, Y D L Z G N U G L D K C O K M

PREVIOUS SOLUTION — "If the Cincinnati Reds were really the first major league baseball team, who did they play?" - George Carlin

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JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

ORRMA

BUICC

TANECC

SAUNAE

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www.jumble.com



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here: A

(Answers tomorrow)

Yesterday's Jumbles: SNOWY CROWN WEAKEN AUTHOR
Answer: What might a taxi driver use to trim his trees — A "HACK" SAW

Painkiller addiction is taking away so much more

ANNIE'S MAILBOX

By Kathy Mitchell and Marcy Sugar

Dear Annie: Five years ago, my husband was in an accident. He was seriously hurt and since then has become addicted to prescription painkillers. When the refills run out, he gets so sick he can't get out of bed. He sleeps all day and can't work until he gets his meds. He has a temporary job right now, but has called in sick so many times, I'm sure they will fire him.

I am so tired of being the one who keeps this family going. I can't count on him making much money, but when he does, he thinks it's his money to spend on his own personal things. He doesn't believe he should have to pay any bills. Also, there is a problem in the sex department. His meds make it impossible. He's like a roommate who keeps us in debt with doctor bills.

I have tried to leave him, but I feel guilty because I know no one else will take care of him. His family disowned him because of past problems, and if I leave, I know he will kill himself. He has told me he would and I believe him. What should I do? I can't live like this anymore. My son and I both deserve better. -- Hopeless

Dear Hopeless: This must be terribly difficult and frustrating for you. First, you or your husband should speak to his doctor about his possible addiction and his suicide threats. His symptoms without the meds could be due to withdrawal, or it could be that he is in such severe pain that there should not be a gap between refills. He also may be depressed. His doctor should be able to refer him to a pain management program that includes physical therapy and treatment for depression. Ask what exercise he can do -- this can help lift his mood as well as help his pain. You also can contact the American Pain Society (ampainsoc.org), 4700 W. Lake Ave., Glenview, IL 60025 or the American Pain Foundation (painfoundation.org) at 1-888-615-PAIN (1-888-615-7246).

Dear Annie: My husband's elderly mother just called us. She has been sending his teenage children checks for birthdays and holidays. For the past three years, since my husband's divorce, the kids brought these checks to their mom's house, saying they had accounts there. Evidently they never cashed the checks. Their mother recently found them and mailed them back to Grandma, with no apologies or thanks, asking for replacements.

My mother-in-law is in no financial position to replace the checks (over $300) at this time. We agreed that my husband will buy something for the kids "from Grandma," and any money sent in the future will not travel to the ex-wife's house.

My question: How do we teach the kids that what their mother did was not good manners without trash-talking her? We don't want the kids to think this sort of behavior is OK. -- Appalled in Atlanta

Dear Appalled: Leave Mom out of it. The kids should have cashed those checks, should have written thank-you notes to Grandma and should have apologized for being irresponsible with the money. Let them know *their* behavior was not OK.

Dear Annie: I spent five years going to marriage counseling, trying to make things work with a woman who had cheated on me and virtually abandoned our daughter. I grit my teeth every time you tell readers, "Seek marriage counseling." I wish someone had advised me early on, "Get out of the marriage, she isn't worth it." I eventually did. -- Happily Remarried in Vermont

Dear Vermont: Counselors aren't omniscient, and counseling is not intended to save your marriage or end it. It is supposed to help you work through problems and reach conclusions. It apparently took you five years to determine that she wasn't "worth it," but at least you have the satisfaction of knowing you gave it your best shot, and, especially when there are children involved, this can provide peace of mind.

TUESDAY EVENING

9/18/07	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
BROADCAST CHANNELS											
2	News	MLB Baseball San Francisco Giants at Arizona Diamondbacks. (Live)						Friends	Ten O'clock News (N)		Seinfeld
4	News (N)		Extra (N)	Hollywood	The Biggest Loser (N) CC				Law & Order: SVU		News (N)
5	News (N) CC		Eye-Bay	Judge J.	Power of 10 (N) CC		Big Brother 8 CC		NCIS "Angel of Death"		News (N)
6	News (N) CC		Jeopardy!	Fortune	Laughs	Laughs	Elvis: Viva Las Vegas (N) CC		News (N)		
6	News-Lehrer		Calif. Gold	Europe	Live From Lincoln Center (N)				Auschwitz: Inside the Nazi State		
8	Paparazzi		Alma Gemela		**Pelicula: "Una Movida Chueca"** (1956)				Alma Gemela		Night Show
9	News-Lehrer		Business	Quest	Live From Lincoln Center (N)				Frontline CC (DVS)		P.O.V. CC
20	Fresh Pr.	My Wife	My Wife	Jim	Law Order: CI		News		Jim	Married...	Reno 911!
36	Still Stnd	Still Stnd	'70s Show	TMZ (N)	House "Human Error"		K-Ville "Pilot" CC		Frasier	Frasier	TMZ CC
40	Family Guy	Seinfeld	Two Men	Raymond	House "Human Error"		K-Ville "Pilot" CC		News (N) CC		Two Men
44	Lopez	Simpsons	Simpsons	Two Men	Beauty and the Geek (N) CC				Family Guy	Family Guy	Two Men
50	The Insider	Entertain	Still Stnd	Still Stnd	Raymond	Raymond	Frasier	Frasier	The Insider	Entertain	Blind Date
CABLE CHANNELS											
A&E	Cold Case Files CC		CSI: Miami CC		Dog	Dog	Dog	Dog	Angel	Angel	Angel
AMC	(5:00) **Movie: ★★★★ "Vertigo"**				(:45) **Movie: ★★★ "Saboteur"** (1942) Robert Cummings.				**Movie: ★½ "Original Sin"** CC		
COM	**"Shriek If You Know"**		Scrubs	Scrubs	Daily Show	Colbert	Mencia	South Park	Jeff Dunham: Arguing		Daily Show
DISC	Cash Cab	Cash Cab	Mega Builders		Dirty Jobs CC		Dirty Jobs (N)		How-Made	How-Made	Dirty Jobs
DISN	Life Derek	Life Derek	Montana	Suite Life	**Movie: ★★½ "Cadet Kelly"** (2002) CC				So Raven	Life Derek	Suite Life
ESPN	Series of Poker		The Contender (N)		SportsCenter (Live) CC		Baseball	NFL Live	SportsCenter (Live) CC		SportsCtr.
FAM	8 Rules	8 Rules	Grounded	Grounded	Lincoln Heights (N) CC		**Movie: "Dr. Dolittle 3"** (2006) John Amos. CC				700 Club
FSB	Final Score	Pregame	MLB Baseball Seattle Mariners at Oakland Athletics. (Subject to Blackout)						Final Score	Final Score	Sports
LIFE	Reba CC	Reba CC	Still Stnd	Still Stnd	Reba CC	Reba CC	**Movie: "Unthinkable"** (2007) Michelle Forbes.				Will-Grace
NICK	Zoey 101	School	School	Drake	SpongeBob	Drake	Home Imp.	Home Imp.	Lopez	Lopez	Fresh Pr.
SCI FI	Eureka "Maneater" (N)		ECW (Live)		Flash Gordon CC		Eureka "Maneater"		Twilight Z.	Twilight Z.	The X-Files
TBS	Friends	Raymond	Raymond	Raymond	Family Guy	Family Guy	Family Guy	Family Guy	The Office	The Office	Sex & City
TNN	CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: NY
TNT	Law & Order CC (DVS)		Law & Order "Red Ball"		Law & Order CC (DVS)		Law & Order "Pro Se"		Without a Trace CC		Without
USA	Law CI	Law Order: CI		Law & Order: SVU		**Movie: ★★ "Sweet Home Alabama"** (2002) CC					Law CI
WGN	Funniest	Funniest	WGN News at Nine (N)		Scrubs	Scrubs	Corner Gas	Becker	Funniest Home Videos		Wilkos
PREMIUM CHANNELS											
HBO	**Movie: ★ "The In Crowd"** (2000)				(:45) **Movie: ★★ "Hollywoodland"** (2006) Adrien Brody.'R'				REAL Sports		Tell Me
MAX	**"Arlington"**	**Movie: ★★★ "Analyze This"** 'R'			(:15) **Movie: ★★ "Cheaper by the Dozen 2"**				**Movie: ★★ "Final Destination 3"**		
SHOW	(5:45) **Movie: ★★★ "Mission: Impossible III"**				**Movie: ★★★ "Akeelah and the Bee"** (2006)				Weeds	Weeds	Californ

Relish what's coming!

America's first food magazine distributed in your local paper. Celebrate the love of food with recipes and stories from people and place that make food great. Relish what you eat, because good things hapen around the table.



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The Ukiah DAILY JOURNAL

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The Ukiah DAILY JOURNAL

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The Ukiah Daily Journal classifieds



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Copy Acceptance
The Daily Journal reserves the right to edit or withhold publication & may exercise its discretion in acceptance or classification of any & all advertising.
Deadlines
New classified ads, corrections & cancellations is 2:00 p.m. the day before publication.Sunday and Monday edition deadline is Friday at 2:30.
Payment
All advertising must be paid in advance unless credit account has been established. Master-Card & Visa are accepted.
Errors
When placing your ad, always ask for the ad to be repeated back to you. Check your ad for any errors the FIRST DAY. The Ukiah Daily Journal will be responsible for only one incorrect insertion & no greater extent than the cost of the space occupied.

















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Announcements
010...Notices
020...Personals
030...Lost & Found
040...Cards of Thanks
050...In Memoriam
060...Meetings & Events
070...Travel Opportunities

Employment
100...Instruction
110....Employment Wanted
120...Help Wanted
130...Sales Help Wanted
140...Child Care

Services
200...Services Offered
205...Financial Services
210...Business Opportunities
215...Businesses for Sale
220...Money to Loan
230...Money Wanted
240...Investments
250...Business Rentals

Rentals
300...Apartments Unfurnished
310...Apartments Furnished
320...Duplexes
330...Homes for Rent
340...Vacation Rentals
350...Rooms for Rent
360...Rest Homes
370...Wanted to Rent
380...Wanted to Share Rent
390...Mobiles & Space

General Merchandise
400...New & Used Equipment
410...Musical Instruments
420...Boats
430...Building Supplies
440...Furniture
450...Wanted to Buy
460...Appliances
470...Antiques
475...Computers
480...Miscellaneous for Sale
490...Auctions
590...Garage Sales

Farm-Garden-Pets
500...Pets & Supplies
510...Livestock
520...Farm Equipment
530...Feed/Pasture Supplies
540...Equipment Rentals
550...Produce

Transportation
600...Aviation
610...Recreational Vehicles
620...Motorcycles
630...Auto Parts & Acc.
640...Auto Services
650...4X4s for Sale
660...Vans for Sale
670...Trucks for Sale
680...Cars for Sale
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JUST LISTED

Let us feature your ad in this space on the first day of insertion

Only $10.00*

*Does not include price of ad

647-07

9-8,13,18/07

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case No. **SCUK-CVPT-07 99776**
SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482
IN THE MATTER OF THE APPLICATION OF: **Jennifer Ellen Jones**
THE COURT FINDS that Petitioner(s) **Jennifer Ellen Jones** has/have filed a Petition for Change of Applicant(s)' name FROM **Jennifer Ellen Jones** TO **Jennifer Justine Rickard**
THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:
HEARING DATE: **Sept. 28, 2007** at **9:30 a.m.** in **Dept E,** located at **Court House, 100 N. State Street, Ukiah, California 95482**
Dated: **Aug. 13, 2007**
/s/Richard L. Henderson
RICHARD L. HENDERSON
Judge of the Superior Court

665-07

9-1,8,13,18/07

NOTICE OF PETITION TO ADMINISTER ESTATE CASE NO.: SCUK CVPB '07 25086
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **CHARLES D. ANDERSON**
A PETITION FOR PROBATE has been filed by: **CORA ANDERSON** in the Superior Court of California, County of Mendocino.
THE PETITION FOR PROBATE requests that: **CORA ANDERSON** be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
THE PETITION requests authority to administer the estate under the *Independent Administration of Estates Act.* (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action). The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on **September 28, 2007** at **9:30 a.m.** in **Dept.: E,** located at: **COURTHOUSE, 100 N. State Street, Ukiah, CA 95482**
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court *before* the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a *Request for Special Notice* (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A *Request for Special Notice* form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Caren Callahan
P.O. Box 15
Ukiah, CA 95482
707-463-0183
/s/Lisa J. Robinson
LISA J. ROBINSON



PUBLIC NOTICE

687-07

9-4,11,18,25/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0470
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
MI PUEBLITO RANCHO, INC.
1252 C1 Airport Park Blvd.
Ukiah, CA 95482
Mi Pueblito Rancho, Inc.
1252 C1 Airport Park Blvd.
Ukiah, CA 95482
This business is conducted by **a Limited Liability Company.** The registrants commenced to transact business under the fictitious business name or names listed above on **Jan., 7, 2007.** Endorsed-Filed on **July 9, 2007** at the Mendocino County Clerks Office.
/s/Ana Perez
ANA PEREZ
CEO

717-07

9-18,25,10-2,9/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0638
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
WORLDS LARGEST REDWOOD TREE GAS STATION MUSEUM & GALLERY
580 No. State St.
Ukiah, CA 95482
Edwin Paul Allen, Jr.
3800 No. State St. #116
Ukiah, CA 95482
This business is conducted by **an Individual.** The registrant commenced to transact business under the fictitious business name or names listed above on **Sept. 17, 2007.** Endorsed-Filed on **9/17/2007** at the Mendocino County Clerks Office.
/s/Edwin Paul Allen Jr.
EDWIN PAUL ALLEN JR.

PUBLIC NOTICE

702-07

9-11,18,25,10-2/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0586
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
C.O.R.E. PHYSICAL THERAPY
195 Seminary Ave
Ukiah, CA 95482
Sara Bogner
485 Todd Rd
Ukiah, CA 95482
This business is conducted by **an Individual.** The registrant commenced to transact business under the fictitious business name or names listed above on **8-27-2007.** Endorsed-Filed on **08/27/2007** at the Mendocino County Clerks Office.
/s/Sara Bogner
SARA BOGNER

703-07

9-11,18,25,10-2/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0618
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
NORTH FORK CAFE, COVELO JOE - MOBILE TRAILER (COFFEE) MENDO CO.
76365 Covelo Rd.
Covelo, CA 95428
James Denny
.
PO Box 333, 23731 Howard St.
Covelo, CA 95428
This business is conducted by **Husband & Wife.** The registrants commenced to transact business under the fictitious business name or names listed above on **Sept. 10, 2007.** Endorsed-Filed on **Sept. 10, 2007** at the Mendocino County Clerks Office.
/s/James Denny
Lopiano
JAMES DENNY
LOPIANO

10 NOTICES

7 MISTAKES people make in hiring an accident lawyer. Toll Free recorded message reveals all. Call 800-853-9315 today!

CONSIDERING ADOPTION? We match Birthmothers with Families nationwide. Living Expenses Paid. Toll Free 24/7 Abby's One True Gift Adoptions.

LAWYER REVEALS HIDDEN Secrets of Auto Accident claims. Call 800-861-1267 today! Leave your name and address to receive your free report.

30 LOST & FOUND

Found: At USA gas station, Perkins & Orchard 9/12 @ 1:45. **Terrier size dog.** Multi colored collar. Taken to the Animal Shelter 298 Plant Rd. 467-6453

Found: Chihuahua. White & tan. Male w/tan color and no tags. Found 9-13. **468-8467**

PUBLIC NOTICE

670-07

8-28,9-4,11,18/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0576
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
NANCY'S NOTES
1416 S. State #5
Ukiah, CA 95482
Nancy Lee Buchanan
1416 S State #5
Ukiah, CA 95482
This business is conducted by **an Individual.** The registrant commenced to transact business under the fictitious business name or names listed above on **8-20-07.** Endorsed-Filed on **08/21/2007** at the Mendocino County Clerks Office.
/s/Nancy L. Buchanan
NANCY L BUCHANAN

30 LOST & FOUND

Free to caring home. Male mixed Lab. Golden red in color. Approx. 1 yr. All shots & neut. Very friendly. 485-0733



I am a bouncy male JRT with lots of gusto. I was walking down Crystal Ct in Ukiah on 9/10 when the police picked me up. Now I am in "doggie jail" and I was not even jay walking! I hope my people come and find me or I will be available for adoption 9/15. I am a guest at the shelter 298 Plant Rd or call Sage at 467-6453

70 TRAVEL OPPORTUNITIES

TIMESHARE!!! PAYING TOO MUCH 4 maintenance fees and taxes? Sell/rent your timeshare for cash. No Commissions/Broker Fees. 1-877-868-1931. www.VPResales.com

100 INSTRUCTION

GET CRANE TRAINED! Crane/Heavy Equipment Training. National Certification Prep. Placement Assistance. Financial Assistance. Nevada School of Construction. www.Heavy6. com Use code "NCCNH" or call 1-888-879-7040

120 HELP WANTED

$60,000+ annual earning potential . CLASS A DRIVERS ***Join Our Professional Driving Team*** A local petroleum distributor is currently seeking qualified Applicants will need to have full endorsements, clean DMV, current medical card. Positions are F/T, year-round. Bonus program, health benefits, 401(k) holiday, vacation pay. **Please apply in person at 2401 N. State St. Ukiah 707-462-8811**

120 HELP WANTED

ACCOUNTANT FT Accountant to oversee AP, PR, maintain GL, prepare FS and required bank reporting, prepare and maintain budgets, forecasting and analysis. Min. BA degree or equivalent or five years exper. Benefits inc. health, retirement, holiday and vacation pay, etc. Job description & application available **Solid Wastes of Willits, 350 Franklin Ave. EOE**

Admin Assistant Performs a variety of management and clerical work. 3 yrs. experience Type 50 WPM. E-mail hr@hoplandtribe.com 707-744-1647 x 1341

Administrative Assist. Organized, energetic, Computer lit. & writing up business plans. Sal. DOE. **Joanne 468-5220**

All Shifts FT & PT Available!!! No experience needed. Higher wage with experience This year's seniors welcome. Full training provided. Drug testing required, cannabis not tested for hire. Assist disabled in their home and on outings. **Call for interview 485-5168, 485-0165, 468-0602**

ASSISTANT COOK Must be exp. Pre-employment physical & drug testing req'd. Dental, Vision, Medical benefits. Free co-op child care. **Apply Trinity School 915 W. Church St. Ukiah**

120 HELP WANTED

A COOL TRAVEL job. Now hiring motivated sharp individuals to work and travel entire USA. Paid training. Transportation, lodging furnished. Call today, Start today. 1-877-646-5050

ASST BKKPR Exp'd P/R, A/P, Excel, Access, & Wine Industry a+. 25hr/wk. Email resume jobs@huschvineyards.com or FAX 462-5374

Banking **The Savings Bank of Mendocino County** is seeking applications for a part-time **Human Resources Clerk.** General duties include records management in payroll, time & attendance, data entry insurance & other department production systems. Previous experience with in-house payroll systems, time & attendance & report writing preferable. Must be detail oriented & have the ability to multi-task on daily basis in a highly confidential environment. Exceptional positive interpersonal skills required. Apply at Savings Bank of Mendocino County, 200 N. School St. Ukiah, CA 95482. Deadline to apply: Tuesday, September 25th, 2007 at 4pm EEO/AA m/f/v/d.

BILINGUAL POSITION case manager DUI/DDP program. Ukiah location 25-30hrs/wk may work into FT. Resume to Bilingual 145 S. Humboldt St, Willits 95490

BINDERY OPERATOR growing Commercial Newspaper plant, beautiful Northern California, rural, coastal location. Competitive salary, amazing benefits Muller stitcher experience required, inkjet A+. Resume, Sjackson@western-web.net, fax 707-444-6236

120 HELP WANTED

BLUE JEAN JOB FUN-TRAVEL Have a blast traveling coast to coast. Now hiring 5 guys/gals to start NOW! Make great $$, all expenses and training paid. CAll 1-800-267-9033

BOOKKEEPER P/T w/busy real estate office. Quickbooks exp. nec. Payroll, AR & AP. Knowledge of office equipment & procedures a+. Hourly wage based on exp. **Send reply to box 03092, c/o Ukiah Daily Journal, P.O. Box 749, Ukiah, CA 95482-0749.**

Boutique-Hopland winery seeks P/T or F/T staffer to handle office ops, mktg/sales projects, website mgmt, inventory, rcptn/secr.duties. 4 yrs. office exp. req. 2 or 4 yr. degree prf. Strong computer, math, oral, written skills req. Flex sched/exc wrkg environ. Email resume w/salary hist. to info@saracina.com or fax 707-744-1472

Caregiver/companion for elderly woman. Live-in and relief person needed. Private residence in Yorkville. Self-care tasks, daily living activities. Must have car and like country living. 831-394-0217, 831-277-8941 or 209-815-2217.

Caretaker/Companion needed. Saturdays & Sundays Rdwd Vly. D/L req'd. $10/hr. 831-624-8035 Collect calls accept'd

CASEWORKER Nice, CA Native American Cash Assistance Program FT w/benefits, $30k closing 09/22/2007. Get application & Job Description at www.cttp.net Fax resume & Application to 707-274-4233 Contact Colleen Pete at 707-262-4404 w/questions. Indian hiring preference applies

120 HELP WANTED

Caregiver for mental health facility. PT & fill in. Various shifts **$8-$10/hr. 467-0911**

CHIP SEALING
Location:
Lake Pillsbury Ranch
Project:
To repair & chip seal 1.1 miles of road previously chip sealed. 12 ft. wide. Contact for detailed job requirements:
Robert 707-743-1625 e-mail robertlucas@wildblue.net or Gary 707-921-3900
email lppoa@macnetworks.com
Bids due by October 7th

Clerical Worker needed for Trinity Youth Services' Ukiah campus. Respons. incl. accounting & gen. office functions. Must type accurately, be detail oriented, ability to multi-task, & possess gd customer service skills. Min. 1 yr related exp. & strong computer skills req. MediCal billing exp. a + Starts $11-$13/hr DOE. Excel. benefits. **Apply at 915 Church St. Ukiah or Fax resume to (877) 382.7617 www.trinityys.org Trinity is an EOE**

CNA **All shifts available. Apply in person 1162 S. Dora. St. Hire on bonus!**

COMMERCIAL ELECTRICIAN Exp. in all phases of elec. wrk. Full bnfts. pkg, 401K, pd vac & holidays, Health ins. & more. $50,000-$80,000+ annually. Clean DMV, Drug free wekpl. Fax app. to 707-964-1404 or email Mark at mark@fbelectric.com

Customer Service DON'T MISS OUT! 25 NEEDED IMMEDIATELY $350-$400/wk. Must be 18 & older. (707)864-5080/Fairfield Zip# 94585

Delivery Driver Energetic, organized, individual for full time delivery position at **Schat's Bakery. Apply within at 113 W. Perkins St.** Ask for Zach or Lisa

120 HELP WANTED

Delivery Driver (in our van) for growing Co, M/F 8:30-5:30. $8.25 hr.+med. Raise 90 days. 489-5115

DIESEL MECHANIC
5 yrs. exp. Good pay. + benefits. Clean DMV. 462-9318.

Dishwasher/Busser los fines de semana $7.50 la hora con propinos. 295 S. State

DRIVE for the **INDUSTRY LEADER!** Great Pay, Benefits. Weekly home time. Top of the line equipment. No CDL? No problem! Apply online www.CREngland.com. Call 1-866-917-7396

DRIVER-$5K SIGN-ON Bonus for Experienced Teams: Dry Van & Temp Control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE.

DRIVER-CDL Training $0 down, financing by Central Refrigerated. Drive for Central, earn up to $40k+ 1st year! 1-800-587-0029 x4779. www.Central DrivingJobs.net

DRIVER: Don't Just Start Your Career, Start It Right! Company sponsored CDL training in 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! www.JoinCRST.com 1-800-781-2778

DRIVER: The respect that you deserve...Get it at Swift! Swift offers excellent miles, compensation, regional and dedicated runs. No experience necessary! Training available. 1-866-476-6828. www.SwiftTruckingJobs.com. EOE

Drivers-Class A Night Shift, local haul chips, Current DMV printout. Starts at $14.00. 459-4131.

DRIVERS...ASAP! $1000+ Weekly. 36-43cpm/$1.20pm. $0 Lease NEW Trucks. Teams welcome. CDL-A + 3mos OTR. 1-800-635-8669

Experienced Cellar Workers & Lab Tech needed to join our wine making team in Hopland. Prev. winery production exp. a must. Forklift driving exp pref. Detailed job descriptions avail. upon request. Send resume to penelope@rbwine.com

Family Advocate or Family Services Worker for E Center's Migrant Head Start Prgrm in Cloverdale; 40hr/wk; seasonal; benefits; **Family Advocate** $13.88/hr w/potential up to $16.90/hr. Must have AA in Social Services & 1 yr. exp. or training in social services or comb. of educ & exp; Bilingual (English/Spanish) required; **Family Services Worker** Level I: $10.87/hr w/potential up to $13.24/hr; College course work &/or exp. in health, special needs, and social svcs; Level II: min AA in social work, Human Svcs or health & 2 yrs. exp. working in a child dev, social svcs or hlth related Agency; $11.42/hr w/potential up to $13.91/hr; both levels: Ability to work with families of diverse backgrounds. Bilingual (Eng/ Span) req; must have valid CA driver's license. Contact HR: 707-468-0194; 410 Jones St., Ukiah, CA 95482 deadline : 5 pm 9-24-07 www.ectr.org EOE

DRIVERS - $1000 HIRING BONUS Golden State Overnight is hiring full & part time drivers with insured, dependable van or pickup w/shell for local morning small package delivery routes in both Mendocino & Lake Counties. Earn a competitive wage plus mileage reimbursement plus additional reimbursement for fuel cost.Routes available Mon-Fri.&Tues -Sat. Benefits available includinghealth coverage & 401k w/company match. **Contact Steven Koller 866-779-7726 or skoller@gso.com**

Front Desk P/T-F/T **Best Western** 462-1514

IMMEDIATE OPENING for Office Mgr. Full charge, Payroll, PR taxes, payables, bank reconciliations, health insurance, phones, mail. Must be highly exp. in MS Word, Excel and cost acctg. Heavy data entry. 35 hr/wk. Full benefits. Mail resume to 10751-B Main St., Potter Valley 95469 wvms@pacific.net or fax 743-1455

Indian Senior Ctr. Hd. Cook, 30 hr/wk. Apply 425 N. State St. 462-5595

IT ALL ADDS UP

The Ukiah Daily Journal has now partnered with Yahoo! HotJobs to bring you more Ukiah Area jobs

The Ukiah DAILY JOURNAL YAHOO! hotjobs

at: ukiahdaily journal.com

L.I.F.E. Services We have an exciting new position for the right person. We provide training, competitive wages & excel. benefits. Work Mon.-Fri. w/paid holidays. **Apply at 990 S. Dora St. Ukiah.**

LICENSED NURSES & CNA'S We have openings on our team. A $1500 hire on bonus is available for full-time LVN's or RN's. Please contact Lakeport Skilled Nursing Center. 263-6101

LNS WEDLING Welder. Read prints, MIG weld & flux core. 459-2320 Fax 459-1415

Maintenance worker, building and grounds, & minor vehicle repairs. Ability to work with & direct young adults a must. Good DMV required. $11 per hour + benefits. Apply in person at 2600 Old River Road, Ukiah. **463-2822. EOE**

Medical Assistant Busy health center seeking med. assist. to work in primary care setting. Cert. MA pref. Salary DOE. Full benefits. Application at 50 Branscomb Rd., Layt. or visit www.longvalley.org Call 984-6137 x 146 for details. Deadline 5 pm 9-28-07. E.O.E.

MEDICAL PRACTICE Gastroenterology scheduler needed PT/FT. Knowledge of computer, medical exp. desired. Wages DOE Excellent benefits. Fax resume 707-462-4647 Attn: Lynn or phone 707-462-3190

Mendocino County Health & Human Services Agency Social Services Branch
Currently recruiting for:
- Social Worker III (Ukiah & Willits)
- Social Worker IV Adult Services (Ukiah & Willits)
- Social Worker IV Children Services (Ukiah & Willits)
- Employment and Training Worker Supervisor (Fort Bragg Only)

For further info go to:www.mss.ca.gov to: "Career Opportunities" Or call the MCDSS Jobline: 707-467-5866. All close 9/28/07

MOUNTAIN VIEW ASSISTED LIVING (senior housing) NOW HIRING!!!
✔MAINTENANCE
✔CAREGIVERS
✔MED PASSERS
✔BEAUTICIAN
✔COOK P/T
ALL SHIFTS
Drug test & background check req- uired. Wage DOE Apply at 1343 S. Dora St. Ukiah

NATIONAL CONTRACTOR SEEKING licensed Journeyman electricians & 2-3 year apprentices for traveling work in California. Great pay, per-diem, benefits, 401K, PTO. Call 1-877-672-8444

NCO/RCCC - Ukiah Admin Assist II - AA/two yrs exp pref. & computer exp. Sp/Eng Bil pref. 24-30 hrs/ wk, $12.71-$13.35/hr DOQ & bene. For appl & job descrip; contact NCO 800-606-5550 x 302 or www.ncoinc.org Closes 5 pm, 9-24-07 (Postmarks not accepted.) EOE

NEW EXCITING POSITION WORKING WITH KIDS **6 wks pd vacation 403 B.** Small homelike environment, good pay & bens. Starting sal $11.76+ hr. On the job training prov. Flex. F/T, P/T pos. avail.Fax resume to 463-6957

NOC-Shift 10:00pm-6:00 am. Wages negotiable. **1343 S. Dora St. 462-6212**

NOW HIRING Eve. positions. 18+ yrs. Apply in person **Round Table Pizza** Mon.-Fri. 1-4

PART -TIME PARALEGAL/legal Assistant with 5+ years experience in civil, probate, and criminal law needed for growing law firm in Ukiah. Excellent communication skills and team identity needed. Must be able to work independently and have a strong knowledge of court rules and procedures. Skills needed include trial preparation, deposition preparation, discovery, subpoenas and responses, document preparation and organization, creating binders, indexing, data entry, filing and general administrative support. Send reply to box 04043, c/o Ukiah Daily Journal, P.O. Box 749, Ukiah, CA 95482-0749.

GIS ANALYST I $2,921.00-$4,966.00/mo., UC Hopland Ctr., in Hopland, CA. Experience in Ag & Enviro GIS applications and analysis. Apply to UC Employment Office, HR Admin., Orchard Park, Davis, CA 95616 for job#9031 and file by 5 p.m. on 09/27/07. For application, call 707-744-1424 (TDD 530-752-7140) or see web site: http://www./hr.ucdavis.edu/Emp. EOE.

Part time LVN Tired of high case loads? Provide support to 6 adults with Devel. Disabilities in their home and supervise staff. Office 485-5168 Cell 489-0022

PART TIME TRAINEES Medical. Paid training in Medical/Dental field. One weekend per month and two weeks per year. H.S. Diploma grads to age 39. Call Navy Reserve 1-800-345-6289

PHARMACY CLERK/ TYPIST in training. Computer, typing, MATH, people skills, P/T 9-1, or 4-8, or F/T. Sal. DOE, drug test. **BLUE DRUG DO NOT** come to pharmacy. Call **707-468-5220**

PICTURE FRAMER/RETAIL CLERK wanted, permanent, P/T, 24 hrs +/- weekly. Must be detail-oriented, organized, creative, well-groomed, energetic, multi-tasker who enjoys working with the public. Exp. preferred but will train the right individual. Applications available at 116 E. Laurel St., FB.

RAILROADS ARE LOOKING for experienced help. Train in four to eight weeks to become a Conductor, Welder, Mechanical Locomotive, or Carmen. Average salaries $63,000. Tuition loans available. 1-913-319-2603/1-913-319-2658. www.RailroadTraining.com

Red Fox Casino NOW HIRING
- Auditor - P/T
- Kitchen
- Tech
- Security,
- Cashiers
- 2 Floor Managers
- Exp. promotions & marketing person.

Friendly attitude helpful. Willing to train. 984-6800 or come in for application. 200 Cahto Dr. Laytonville
●●●●●●●●
Now offering employee insurance after 90 days.

RESIDENTIAL SECURITY The California Conservation Corps has an opening for Residential Security position. Mature adult able to effectively interact with young adults ranging from 18-25 years of age. Swing and Graveyard shifts available. Must be available to work weekends. For more information, contact Chris Malinowski at 707-463-2822. You may complete an application in person or online at www.ccc.ca.gov

Global Manufacturer Since 1869 WWW.WABTEC.COM

Immediate Openings: Jr. Buyer/Planner Sales/Service Admin Asst

EXCELLENT BENEFIT & COMPETITIVE COMP PKG

Family health benefits start day of hire. VERY affordable PPO 80% coverage (e.g., $28/Bi-Weekly for empl + children) – Not age driven for cost. 401k - 100% match to 3% of Salary plus add'l annual 3% contribution. Two Weeks Vacation Grant on January 1st – Use at anytime. Holiday and Sick Pay. Competitive Compensation.

Prev exp req'd for both positions. More details available at www.Wabtec.com. Physical and Drug Test req'd. Send resume to kmiller@wabtec.com or fax to 707-459-8540.
An EOE/AA Employer

People to work with developmentally disabled adults one on one in their own home. All Shifts available. **Call Cindy 468-9331**

RN/LVN, F/T Days and PM shifts. Apply in person 1162 S. Dora. Hire on bonus. See Deana

Roofing Laborer Able to lift 65 lbs. Ok w/ heights. Valid CDL. Eng. speaking. $9/hr. 707-462-0205

Sales Rep. Must be an energetic, self motivated, people person, with own vehicle. Fax resume to 462-1208 or office@gomlx.com

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Sherwood Oaks Long Term Care Facility is currently hiring for the following management and staff positions:
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Come join our great team on the coast! Call Kim Butler at (707) 964-6333 or pick up application at 130 Dana St., Fort Bragg CA

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Taylors Tavern Exp. P/T Bartender Apply Mon-Thurs. before 4pm. 485-5108

TLC Child & Family Services seeks 2 additional homes for Shelter Care program Applicants need to have at least 1 spare bdrm to house a child for up to 30 days. Guaranteed monthly allotment. Generous increase upon placement. Income tax-exempt. Exp. with children req. Parents will receive training, + Social Worker, in-home support & respite. Need 1 or 2-parent homes, with 1 parent home full time. Home with no more than 1 biological child considered. Retirees invited to apply. **Contact TLC 707-463-1100 Lic#236800809**

Schat's Bakery COOK Exp. pref. but not nec. **Apply within at 113 W. Perkins ask Lisa or Francisco**

TRAVEL AGENT Exp. Preferred. Inside Agent or Independent Contractor. Agent. Send resume to VILLAGE TRAVEL 597 S. Main St Ukiah CA 95482

TRINITY YOUTH SERVICES Child Care Swing & graveyard shifts available. Starting $9.40 per hr. On call $9 per hr. Qualif. 21 years old, Med. & drug exam, T.B. test, criminal background check. Great benefit pkg. **Apply 915 W. Church St. Ukiah 95482**

Ukiah 5 attorney law firm seeks billing clerk. Some secretarial & recept. support. Bookkeeping, admin exp. req. Sal. neg. **Send resume CVM PO Box 1709 Ukiah 95482 or fax to 707-462-7839**

Ukiah Daily Journal 590 S. School St. P/T Customer Service Rep. Must have clean DMV. Apply in person Circulation Dept.

Union Rebar Ironworkers Alamillo Rebar, a rebar fabricator and installer is looking for **qualified union rebar ironworkers** to work throughout the Bay Area. Union wages & benefits apply. Se Habla Espanol. Phone 707-551-7007 Fax 707-643-1435

YOUTH WORKER/ SR YOUTH WORKER: Willits. Provide crisis counseling, school based activities, referrals, parent education/ support. Work closely with schools. 35 hrs/wk. Benefited. Job description/application: Mendocino County Youth Project, 463-4915

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INFANT/TODDLER DAY CARE. Quality & Trustworthy Child Care preK Component. Playgrnd, Playroom, Crafts, Stories, Sharing. All meals, Fun & Love. 14 yrs Exp. Low Ratio Lic. 3491. 462-2265 **Hatch Fmly DaySchl**

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250 BUSINESS RENTALS

Warehouse S. Ukiah 1250 sq', lg. fenced yard, with office, 220V, clean. No automotive. $650 + Sec. 462-8273

300 APARTMENTS UNFURNISHED

1&2bd Apts. available on 351 N. Main $800/$875/mo, no pets. **462-4759 ALDERWOOD 1ST MO. 1/2 OFF DW\Garage+pool $850 mo. 463-2325**

LEE KRAEMER PROPERTY MGMT Spacious 1bd1ba. $750. POOL, LAUNDRY, CARPORTS No Section 8. **463-2134**

PARK PLACE 1 bd. $750-$775 2 bdr. $850 TH $950. Pool/garg. 462-5009

SPACIOUS 2bd1ba. No pets, water, garbage paid. 462-8600

Spacious 2bd. Pool. H20, trash pd. $825. Also 1bd. $700. Ht. AC Pd. N/P. 462-6075

330 HOMES FOR RENT

3bd2ba, 2 car gar, immaculate, mature landscaping. Ukiah. No smoking/pets. $1300/mo. 459-6100

3bdrm. 2 ba. Completely remodeled house in Ukiah. Crown molding, wood floors, fireplace, central heat & air, big yard, garage.No smoking.Available 9/29. **$1550/mo. + sec. dep.** 468-5770

3bdrm.2ba. Only $566/mo. 5% down. 20 yrs. @ 8%apr. For listings 800-749-7901 ext. S622

470 BRIARWOOD Like new 3/2 NP/ NS/ND $1500/mo. Lease only 468-1380

4bd/3ba. 2 story, View $2200 Desirable area 491 Kenwood Dr. 480-0615

4bdrm 2.5b, w/river view. Gardener incl. Avail 9-16. $1900/ Mo 2k dep 521 Kennwood Dr. Uk 527-0622

Hopland-Sml. hse. 1 bdrm., yard, no pets, N/S. $850/mo. Connie.744-1488

WestSide-2 Homes #1-Carriage House Beautifully restored. Myriad upgrades. **#2-Upscale Beauty** Bdrm. suite/2 bth **Both: Quiet, Grges** Pristine & Spacious No Pts/Sm 468-9003

380 WANTED TO SHARE RENT

Downtown Willits Room $500mo. Utils incl. Nice yard. N/S. Male or fem. 456-9158

Large room in large house. $490 + $490 dep. util incl. 718-2110

SHARE NEWER home in Willits with 79 retired male. Private bedroom, full kitchen use, washer/dryer, cable TV, Comcast high speed network. Separate phone line $650 for one $750 for couple. No smoking or drugs 291-2204

440 FURNITURE

2, 5 drawer chests. $30 & $50. 1 computer desk. $35. 485-7701

Beautiful Oak coffee tble & end tble. Leaded glass. Drop leg with claw foot. $300 for both. 463-0993

450 WANTED TO BUY

Wanted: Lamp. Rosalyn Wilson 610 N. Orchard Ave. #48

We recycle & pay for brass, stainless, alum., radiators, **TODAY** batteries $1.50 & up. Copper $2lb 467-1959

460 APPLIANCES

Kenmore washer $150. Kenmore elec. dryer.$100. Lg swamp cooler $150. 462-7925

USED APPLIANCES & FURNITURE. Guaranteed. 485-1216

480 MISC. FOR SALE

Bernina #830 Sewing Machine Thomas Organ-463-0953

Honda commercial mower '05. HRC216. Hyrdo-static drive. Has had 100&200hr serv. Ex cond. $485. **459-0213**

480 MISC. FOR SALE

Hot Tub '07 Deluxe Model. Many jets. Therapy seat. Warranty. Never used. Can deliver. Worth $5700. **Sell $1950** with new cover. 707-766-8622

Oak Entertainment . Ctr. Incl 23" TV & stereo w/spkrs. Exc. cond. $175.462-4106

SAWMILLS FROM ONLY $2,990-Convert your Logs into Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. www.NorwoodIndustries.com-Free Information: 1-800-578-1363x500-A.

500 PETS & SUPPLIES

1 FEMALE CHIHUAHUA Blk w br. Very small, 5mos. Had shots. $500 485-1649

12 week old puppies. Border Collie cross. Great family, work dogs. 743-2318

AKC CHOCOLATE Lab pups. Born 7/21 Exc blood line, health guarantee, 1st shots & wormed. M $450, F. $500 (541)-592-3933 www.rivervalleylabs.com

Choc. Labs AKC, dew claws, shots, GREAT Litter! males $500. 489-7400

Cockapoo& Poodle pups. $300 call 463-0551 or 272-7798.

Lab Pups YLW AKC Parents on site 500 Ready now 263-9360

MCNAB/RAT TERRIERS 1m/1f, 1yr old, Free 462-1652

Mini American Eskimo. Male. 1.5 yr old. $100 to gd home. Very gd family dog. **707- 621-2399**

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510 LIVESTOCK

Lost: Lake Mendo, cow mtn. area. Thorough pnt. Gelding, saddled & bridled. Any info. 391-5278, 485-5677

Pigmy Goats - Buck $25/obo. Does 6 mo. & 1, 3 mo. 1 Adult. 462-5991 738-5725

PYGMY GOATS 1M, 1F. 7mos. old. $100 for both 485-1649

Thoroughbred Mare 14 yrs. 15.2 hands. Very sweet, needs good home. $1000. 278-0332

590 GARAGE SALES

Clearlake-Colossal Fri. & Sat. 9-6 3644 McKinley Signed 9 light chandelier. Stained glass hanging lamp. Crystal, porcelain, antiquarian & used books. **Much more.**

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610 REC VEH CAMPING

35FT SOUTHWIND M.H. 1985. Very good cond. $9,500 485-9210

620 MOTOR-CYCLES

YAMAHA 250F 2004 Low hrs, runs great, clean, vet owned $3200 391-3411

650 4X4'S FOR SALE

FORD EXPLORERS (2) 92 Both 4x4 w/extras. Must sell $950 both obo. 485-5534

Subaru Outback Ltd. 2000. AWD. Great cond. Lea. 6 disc CD, 110K. $9200. 463-0905

670 TRUCKS FOR SALE

02 Ford F250 Super Duty V-10, 4x4, tow pckg, 1 owner, garaged. Only 67,000 mi. 707-391-7852

680 CARS FOR SALE

Chevy Nova II 1968 runs good low miles, project car $1500 obo, 1986 Mercedes needs new motor, perfect body and interior $1000 obo (707)462-8318

HONDA ACCORD '89, LX. Auto, power windows, premium wheels, Kenwood CD, 2 amps, Capacitor, 2 kicker subs. $1500 621-1391

HYUNDAI SONATA 2006 Exc. Cond. 30,000 mi. $12,600. 272-9600

Jeep Grand Cherokee '95, V8, runs great. New parts/tires. $3500. **272-8227**

720 MOBILES FOR SALE

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1st TIME OFFERED- Colorado Mountain Ranch. 35 acres-$39,900. Priced for Quick Sale. Overlooking a majestic lake, beautiful treed, 360 degrees mountain views, adjacent to national forest. EZ terms. Offered by Colorado Land & Ranches. 1-888-640-9023.

A RARE FIND New Mexico. Lake Access Retreat. 20 Acres - $29,900. Priced For Quick Sale. Incredible setting, including frequently running Pecos River, views and diverse topography. limited availability. Excellent financing. Call NML&R, Inc. 1-888-204-9760.

ARIZONA LAND LIQUIDATION! Near Tuscon, Football Field Sized Lots. $0 Down/$0 Interest, $159/mo. ($18,995 total). Free Information. Money Back Guarantee! 1-800-682-6103 Op #10

COMMERCIAL LOT Approx. .68 ac. flat S.W. Ukiah. In city limits. Elect. there. Deeded easement for water & sewer. Great spot for a mini storage. By owner. 462-5667 Gary

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NEW TO MARKET 3-5 ac Ranch Homesites, starting at $39,900 outside Ruidoso, New Mexico. Located 30 minutes outside Ruidoso has, but more affordable, bigger & prettier. Call municipal water, adjacent to golf, convenient to all Ruidoso has, but more affordable, bigger & prettier. Call NML&R, Inc. 1-888-417-2624

770 REAL ESTATE

5bd. 3.5ba. 3640 sf Mansion Retreat w/2bd rental & 2bd guest house on 4.6 ac. w/yr-rnd creek & 1000sf shop. Minutes from Ukiah just listed at **$950,000** Call **ED KELLER** C21 Les Ryan Realty 463-0520

ARIZONA'S BEST BARGAIN 36 acres - $49,900. Nature calls! Eureka Springs Ranch, near AZ's wine country & charming Wilcox. Incredible views, rolling topography, abundant wildlife. EZ terms. Offered by AZLR. ADWR report avail. Call 1-877-301-5263.

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MONTANA LAND & CABIN SALE 40AC Country Road-$69,900 40 AC with new cabin-$99,900 160 AC-$99,900 640 AC-$900/Acre! Beautiful views, trophy elk and deer, lots of water, great bird hunting. Ideal location. Owner financing available. Call Western Skies Land Co. anytime 888-361-3006 or visit www.WesternSkiesLand.com

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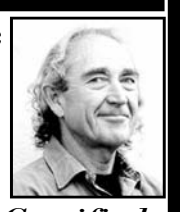
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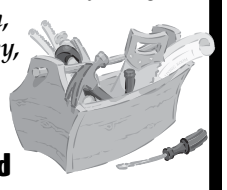
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The Ukiah Daily Journal publishes home improvement and construction advertisements from companies and individuals who have been licensed by the State of California. We also publish advertisements from unlicensed companies and individuals.

All licensed contractors are required by State Law to list their license number in advertisements offering their services. The law also states contractors performing work of improvements totaling $500 or more must be licensed by the State of California.

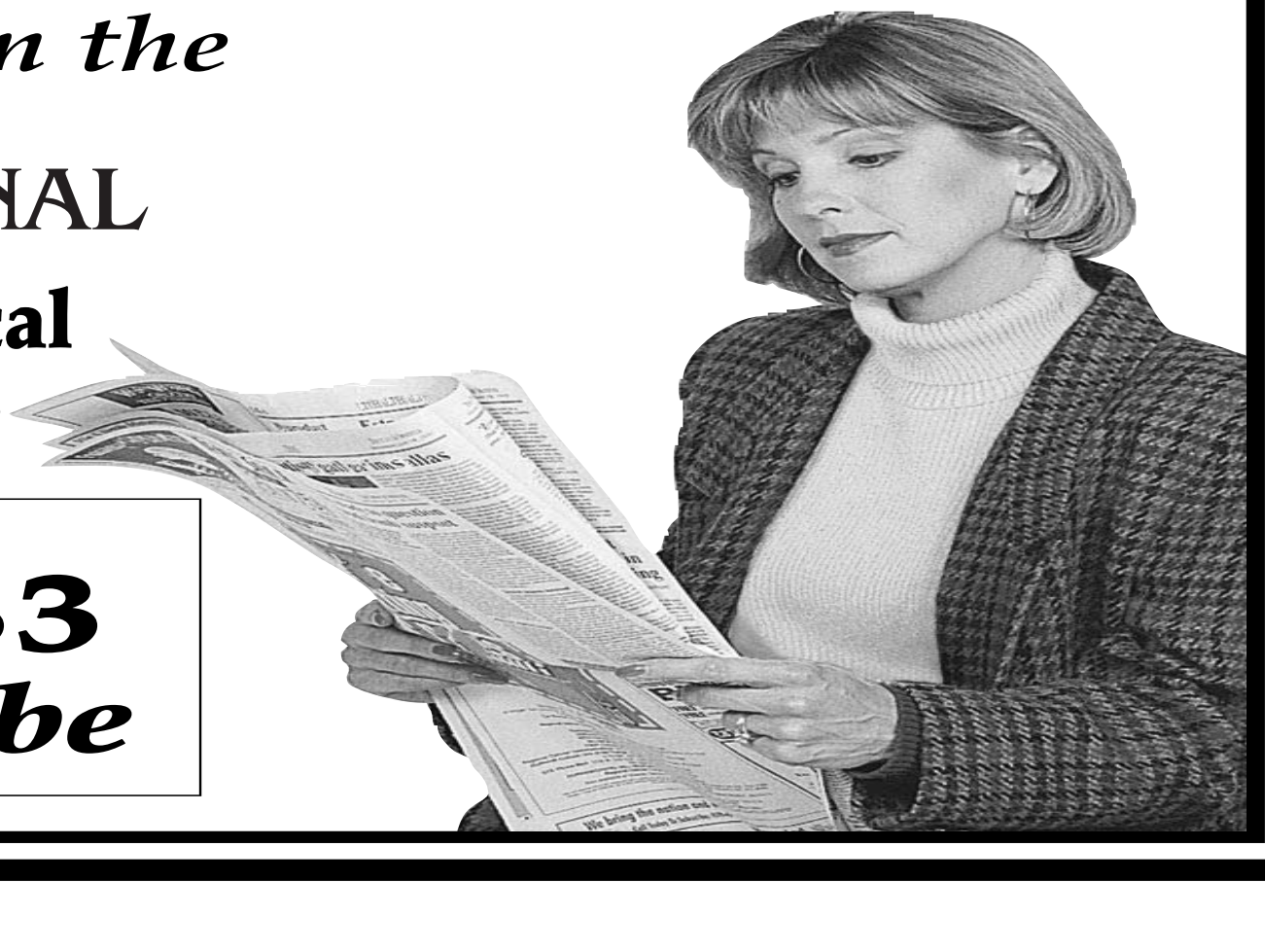
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3-DAY FORECAST

TODAY

81

Plenty of sunshine

TONIGHT

49

Partly cloudy

WEDNESDAY

69

46

Partly sunny, breezy and not as warm

THURSDAY

80

47

Partly sunny with a shower possible

SUN AND MOON

Sunrise today ..... 6:56 a.m.
Sunset tonight ..... 7:17 p.m.
Moonrise today ..... 2:03 p.m.
Moonset today ..... 10:55 p.m.

MOON PHASES

First	Full	Last	New
Sept. 19	Sept. 26	Oct. 3	Oct. 10

ALMANAC

Ukiah through 2 p.m. Monday

Temperature

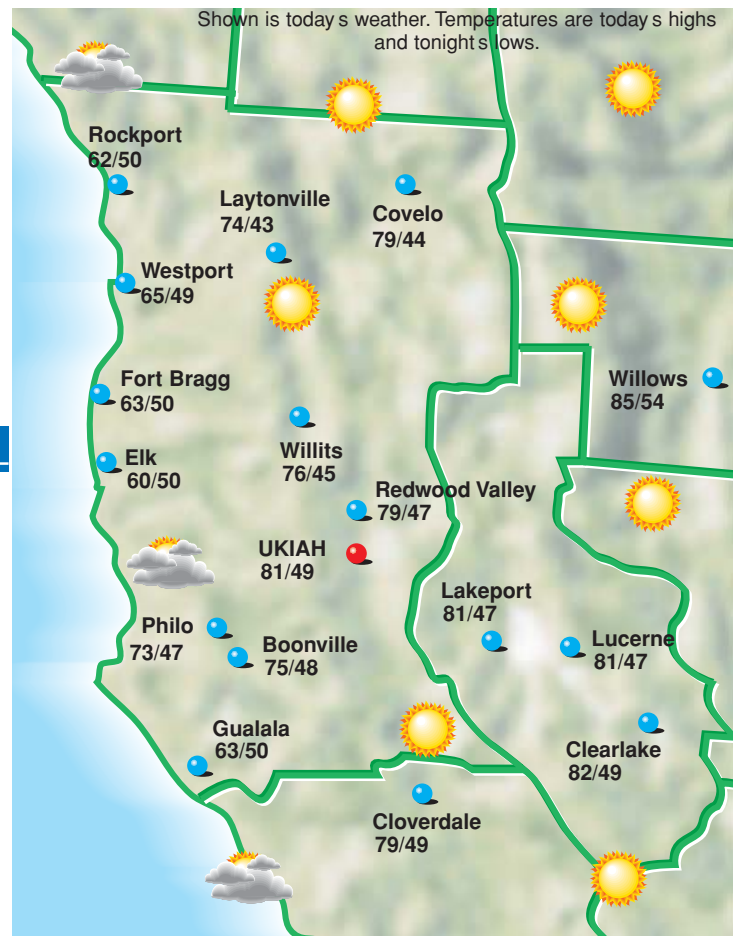
High	81	
Low	51	
Normal high	86	
Normal low	52	
Record high	104	in 1984
Record low	38	in 1921

Precipitation

24 hrs to 2 p.m. Mon.	0.00"
Month to date	Trace
Normal month to date	0.30"
Season to date	0.12"
Last season to date	0.00"
Normal season to date	0.49"

Forecasts and graphics provided by **AccuWeather, Inc.** 2007

REGIONAL WEATHER



CALIFORNIA CITIES

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Anaheim	79/60/pc	75/60/pc	Napa	77/51/s	73/45/pc
Antioch	77/51/s	70/48/pc	Needles	99/72/s	97/70/s
Arroyo Grande	74/51/s	68/46/pc	Oakland	69/53/pc	66/51/pc
Atascadero	80/48/s	72/47/pc	Ontario	82/60/pc	76/56/pc
Auburn	83/53/s	71/50/pc	Orange	78/60/pc	75/56/pc
Barstow	93/61/s	90/59/s	Oxnard	70/58/pc	68/55/pc
Big Sur	69/49/pc	65/53/pc	Palm Springs	95/69/s	91/65/s
Bishop	86/46/s	80/44/pc	Pasadena	80/58/pc	74/58/pc
Blythe	99/69/s	97/67/s	Pomona	81/58/pc	76/54/pc
Burbank	80/60/pc	72/57/pc	Potter Valley	80/47/s	69/45/pc
California City	86/58/s	80/41/s	Redding	84/55/s	73/53/pc
Carpinteria	68/55/pc	65/53/pc	Riverside	83/56/s	76/54/pc
Catalina	68/58/pc	65/50/pc	Sacramento	82/53/s	74/50/pc
Chico	84/54/s	74/53/pc	Salinas	67/53/s	63/47/pc
Crescent City	61/48/pc	59/46/pc	San Bernardino	84/58/pc	77/55/pc
Death Valley	107/73/s	104/70/s	San Diego	71/64/pc	71/64/pc
Downey	78/61/pc	73/60/pc	San Fernando	80/57/pc	73/56/pc
Encinitas	74/61/pc	72/60/pc	San Francisco	69/54/pc	65/52/pc
Escondido	81/60/pc	78/59/pc	San Jose	76/54/s	70/52/pc
Eureka	62/46/pc	62/44/pc	San Luis Obispo	73/51/s	67/48/pc
Fort Bragg	63/50/pc	61/47/pc	San Rafael	64/52/pc	62/47/pc
Fresno	88/58/s	82/56/s	Santa Ana	73/63/pc	71/61/pc
Gilroy	74/52/s	69/49/pc	Santa Barbara	71/52/pc	71/51/pc
Indio	98/67/s	95/66/s	Santa Cruz	68/51/pc	65/52/pc
Irvine	73/63/pc	71/61/pc	Santa Monica	73/61/pc	70/58/pc
Hollywood	79/58/pc	73/59/pc	Santa Rosa	76/52/s	73/50/pc
Lake Arrowhead	78/47/s	71/39/pc	S. Lake Tahoe	70/38/s	58/32/c
Lodi	85/52/s	76/51/pc	Stockton	84/52/s	75/51/s
Lompoc	68/53/pc	65/44/pc	Tahoe Valley	70/38/s	58/32/c
Long Beach	76/62/pc	72/60/pc	Torrance	75/60/pc	72/60/pc
Los Angeles	78/62/pc	72/60/pc	Vacaville	82/57/s	73/51/pc
Mammoth	66/38/s	56/32/pc	Vallejo	67/53/pc	64/46/pc
Marysville	84/54/s	74/50/pc	Van Nuys	81/57/pc	73/56/pc
Modesto	84/54/s	75/50/s	Visalia	87/54/s	82/52/s
Monrovia	81/59/pc	76/59/pc	Willits	76/45/s	67/43/pc
Monterey	68/53/pc	64/51/pc	Yosemite Valley	85/46/s	79/44/pc
Morro Bay	63/56/pc	64/52/pc	Yreka	77/43/s	64/37/t

Weather (W): **s**-sunny, **pc**-partly cloudy, **c**-cloudy, **sh**-showers, **t**-thunderstorms, **r**-rain, **sf**-snow flurries, **sn**-snow, **i**-ice.

Lake Mendocino – Lake level: 723.38 feet; Storage: 46,258 acre-feet (Maximum storage 122,500 acre-feet) Inflow/Outflow: not reported
Air quality – Ozone: .041 ppm (State standard .090 ppm) Carbon monoxide: .35 ppm (20.0 ppm) Nitrogen dioxide: .004 ppm (.25 ppm)

Dole recalls bagged lettuce amid E. coli scare

SAN FRANCISCO (AP) — A division of Dole Food Co. issued an international recall of one of its brands of bagged salad Monday after a sample taken from a store in Canada tested positive for E. coli, the company said.

The voluntary recall affects all packages of Dole's Hearts Delight salad mix sold in the United States and Canada with a "best if used by" date of September 19, 2007, and a production code of "A24924A" or "A24924B," Dole said.

The product was sold in Ontario, Quebec and the Maritime Provinces in Canada and in Illinois, Indiana, Maine, Michigan, Mississippi, New York, Ohio, Pennsylvania and Tennessee starting around Sept. 8, said Marty Ordman, a Dole spokesman.

The romaine, green leaf and butter lettuce hearts that went into the blend were grown in California, Colorado and Ohio, then processed at Dole's plant in Springfield, Ohio, on Sept. 6, according to Ordman. Eighty-eight cases — or 528 bags — were distributed in Canada and 755 cases containing 4,530 bags in the U.S., he said.

The voluntary recall came a day after the Canadian Food Inspection Agency warned consumers not to eat Hearts Delight, a ready-to-eat lettuce mix. Neither Canadian health officials nor Dole have received reports of anyone getting sick from the product, they said.

"Our overriding concern is for consumer safety," Eric Schwartz, president of the Monterey-based Dole Fresh Vegetable division, said in a statement. "We are working closely with the U.S. Food and Drug Administration, the Canadian Food Inspection Agency, and several U.S. state health departments."

The FDA was talking with Dole about the situation Monday, agency spokesman Michael Herndon said

The Canadian agency said it would be looking to find out at what point the salad blend became contaminated and to see if any other products are affected, spokesman Garfield Balsom said.

"We'll go back and find the origins and determine where the product was produced and packaged," Balsom said.

Dole contacted the FDA on Sunday night, as soon as the company got word of the contaminated bag of salad in Canada, said Ordman.

The salad mix subject to the recall may have been available in the U.S. in states other than the nine already identified by Dole because in some areas the product was distributed by a wholesaler with clients in overlapping markets, Ordman said.

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THE BRAVE ONE (R) - ID REQ'D (410) 700
DRAGON WARS (PG-13) (500) 720
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